

How to make your own Get-A-Grip Chip and the Body Bugs playing cards

What's Included

Instructions

Answer Key

36 Image Cards

36 Definition Cards

6 Concept Cards

3 Boss Definition Cards

3 Boss Concept Cards

3 Blank Cards



Print this document using your printer. You can use regular white paper, or heavy cardstock if you have any.



Cut the cards along the lines.



You're ready to learn!

Game Rules

Match Game Rules

2-4 Players

Set up:

Separate all the image and definition cards into their associated concepts.

Each player chooses 1 concept, up to 4 players.

The image and definition cards for the selected concepts are shuffled together.

Place all image and definition cards for the selected concept face down.

Play:

Each player takes a turn by turning two cards over.

If the cards match, then the player picks up the cards and keeps them. A match is when the image and definition card match.

If they don't match, the player turns the cards back over.

If the player gets a match, they get to go again, until they fail to get a match.

If a player disagrees with a match they can call it out. If the match was correct, then the matcher can go twice next turn.

If the match was incorrect, then the matcher's turn is over and the person who called out can go twice next turn.

The game is over when all of the cards have been matched and picked up. The player with the most matches wins that concept card. If there is a tie, the player to pick up the last match wins.

Answer Key - World 1

Toothy Towers

Why do we need to eat?

Food: Your body needs this to survive. This provides your body with energy and nutrients.

Energy: Your digestive system processes food and releases this. This is required for every activity and cellular process that your body does.

Calories: Your food contains different amounts of these. These are units that measure the amount of energy your food provides.

Nutrients: Your body digests various types of these. The types and amounts needed depend on your age, gender, and activity level.

Growth: Food provides the energy and materials needed for this. This occurs when your body's cells heal and regenerate.

Hunger: Your body will send you signals when it needs to eat. This is your body's way of telling you it needs food.

Bolus Among Us

What is taking place in your mouth during digestion and how does it benefit your body?

Ingestion: This starts your body's process of digestion. This is the action of taking food into your mouth.

Digestion: This begins when your mouth breaks food down into small molecules. This continues as your intestines absorb the nutrients your body needs.

Saliva: Your mouth produces this substance to prepare for digestion. This neutralizes acidic foods to protect your teeth from wear and tear.

Amylase: This is an enzyme found in your saliva. It helps break down carbohydrates, such as those found in a loaf of bread.

Mucus: This is a slippery and stringy fluid produced by glands throughout your body. In the mouth, this substance wraps around food, making it easier to swallow.

Tongue: As you chew, this organ moves food around, mixing your food with saliva. This pushes the food mixture to the back of your mouth to be swallowed.

Elusive Allergens

Why do we need to avoid foods we are allergic to?

Allergens: Food allergies are reactions mistakenly produced by your body's immune system thinking the food is a harmful substance. The best way to manage an allergy is to avoid the food allergen that causes the reaction.

Answer Key - World 2

Belching Bucketflies

What are the roles of the esophagus in the digestion of food in your body?

Esophagus: This muscular tube connects your mouth and stomach. No digestion takes place here. Its mucus glands in the wall keep your food moist.

Throat: This is a passageway connecting your mouth to the esophagus. Swallowed liquids, food, and inhaled air all pass through before diverting to their destinations.

Epiglottis: This flap at the back of your throat controls the traffic of air and food. When you swallow, this directs food into your esophagus and away from the windpipe.

Peristalsis: These waves of muscle contractions move food through your entire digestive tract. In the esophagus, partially digested food is pushed down into the stomach.

Vomiting: This occurs when you expel food back through your mouth. The direction of peristalsis is reversed as your stomach contents are pushed back up the esophagus.

Belching: This occurs when your body expels excess air through your mouth. This results from swallowed air accumulating in your esophagus.

Digestive Dangers

What are your stomach's activities in digestion and how do they benefit your body?

Stomach: Like a balloon that can stretch when filled, this organ expands and contracts. It temporarily stores food, and allows you to go many hours between meals.

Gastric Acid: The cells in your stomach lining produce this juice. It helps break down cellular structures that hold plant and animal cells together for easier food digestion.

Enzymes: These help break down larger molecules into smaller ones without being changed or used up. They speed up the rate of certain chemical reactions in your body.

Pepsin: Found in gastric juice, your stomach produces this enzyme. It helps break down proteins in your food into amino acids.

Lipase: This enzyme is produced in the mouth, stomach, and pancreas. Your body uses it to break down fats so they can be absorbed in the small intestine.

Chyme: Food moving through your stomach is changed into this thin, watery liquid. Little by little, this substance moves out of your stomach and into your small intestine.

Bacterial Inflections

Why do we wash food and cook food all the way through?

Bacteria: Foodborne bacteria arise from contamination of food during processing at the farm, distribution to the consumer, or preparation in the kitchen. Bacteria will grow on food. It can be destroyed by heat from cooking or washed away.

Answer Key - World 3

Nuggets of Nutrients

What macronutrients are provided by food and what is their function in your body?

Proteins: These nutrients maintain homeostasis, a stable internal environment regardless of changes outside the body. They are found in meat, eggs, beans and peanuts.

Carbohydrates: The cells in your stomach lining produce this juice. It helps break down cellular structures that hold plant and animal cells together for easier food digestion.

Fats: These help break down larger molecules into smaller ones without being changed or used up. They speed up the rate of certain chemical reactions in your body.

Vitamins: You need these nutrients for growth, and regulating your body functions. You obtain these by eating a balanced diet of meat, fruit, dairy, vegetables, and grains.

Minerals: These inorganic nutrients do not contain carbon. They help regulate chemical reactions in your body; carrying oxygen and building strong bones and teeth.

Water: Your body's cells need this liquid solution for chemical reactions. It allows your cells to carry out chemical reactions and for nutrients to dissolve in.

Passing Winds

In your small and large intestine, what is digestion doing to food and how does it benefit your body?

Small Intestine: Your food continues breaking down in this organ after the stomach. Nutrient absorption takes place with the help of juices from the pancreas, liver, and gallbladder.

Pancreas: This organ secretes enzymes that aid digestion. Its enzymes break down nutrients such as proteins, fats, and carbohydrates.

Liver: This organ secretes bile to help digest fats in the small intestine. It also cleans blood enriched by vitamins and minerals during digestion.

Gallbladder: This organ stores bile produced by the liver. When you start eating, this organ releases the bile into the small intestine.

Villi: These are fingerlike projections in the folds of your small intestine. These contain blood vessels that absorb nutrients to be distributed throughout your body.

Large Intestine: This organ is where any remaining water is absorbed. Any materials solidify into waste product as it passes through on its way to your rectum.

Going Viral

Why do we need to wash our hands?

Viruses: We use our hands to eat and communicate with others. Viruses are transferred on contact with other people. Viruses can be destroyed or washed away using soap and water before we come in contact with food.



FOOD



ENERGY



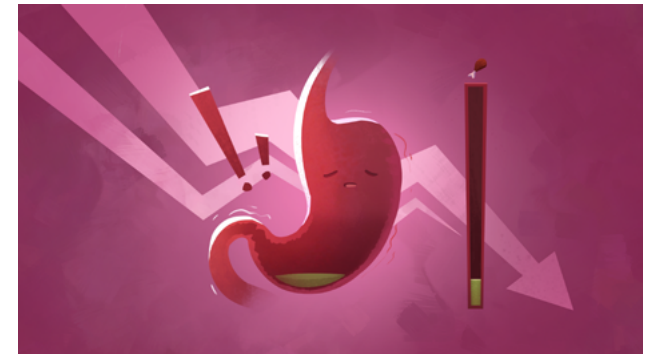
CALORIES



NUTRIENTS



GROWTH



HUNGER



INGESTION



DIGESTION



SALIVA

Your body needs **this** to survive.

This provides your body with **energy and nutrients**.

Your digestive system processes food and releases **this**.

This is **required for every activity** and cellular process that your body does.

Your food contains different amounts of **these**.

These are units that **measure the amount of energy** your food provides.

Your body digests various types of **these**.

The types and amounts needed depend on your **age, gender, and activity level**.

Food provides the energy and materials needed for **this**.

This occurs when your body's cells **heals and regenerates**.

Your body will send you signals when it needs to eat.

This is your body's way of telling you it **needs food**.

This starts your body's process of digestion.

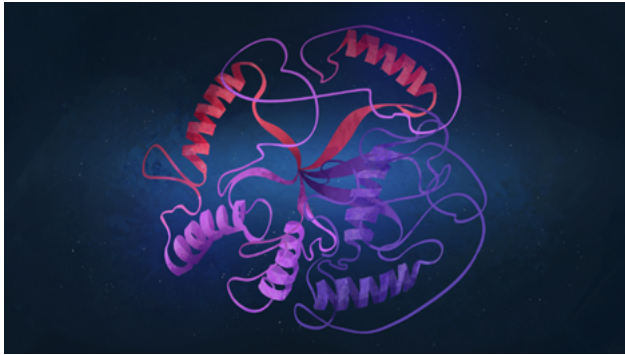
This is the action of taking **food into your mouth**.

This begins when your **mouth breaks food down** into small molecules.

This continues as your intestines **absorb the nutrients** your body needs.

Your mouth produces **this** substance to prepare for digestion.

This **neutralizes acidic foods** to protect your teeth from wear and tear.



AMYLASE



MUCUS



TONGUE



ESOPHAGUS



THROAT



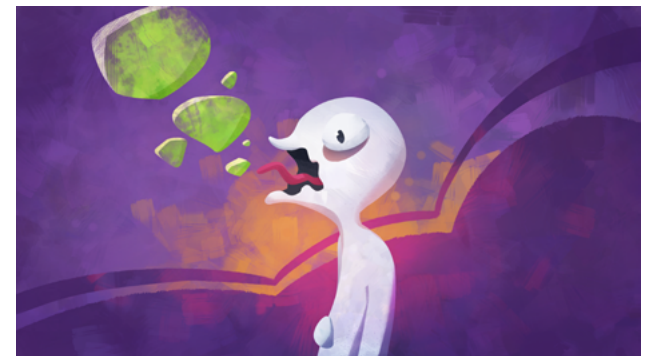
EPIGLOTTIS



PERISTALSIS



VOMITING



BELCHING

This is an enzyme found in your saliva.

It helps **break down carbohydrates**, such as those found in a loaf of bread.

This is a slippery and stringy fluid produced by glands throughout your body.

In the mouth, this **substance wraps around food**, making it easier to swallow.

As you chew, **this** organ moves food around, **mixing your food with saliva**.

This pushes the food mixture to the back of your mouth to be swallowed.

This muscular tube connects your mouth and stomach.

No digestion takes place here. Its mucus glands in the wall keep your food moist.

This is a passageway connecting your mouth to the esophagus.

Swallowed liquids, food, and inhaled air all pass through before diverting to their destinations.

This flap at the back of your throat controls the traffic of air and food.

When you swallow, this **directs food** into your esophagus and away from the windpipe.

These waves of **muscle contractions** move food through your entire digestive tract.

In the esophagus, partially digested food is pushed down into the stomach.

This occurs when you expel food back through your mouth.

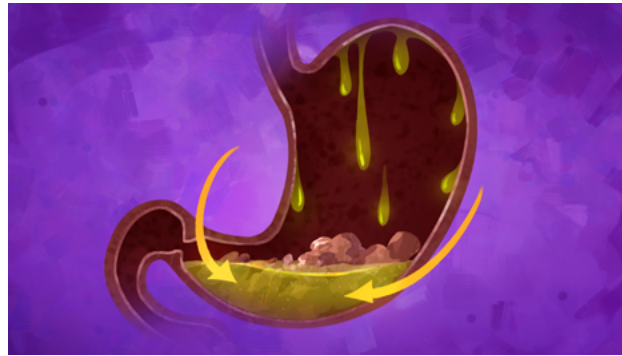
The direction of **peristalsis is reversed** as your stomach contents are pushed back up the esophagus.

This occurs when your body **expels excess air** through your mouth.

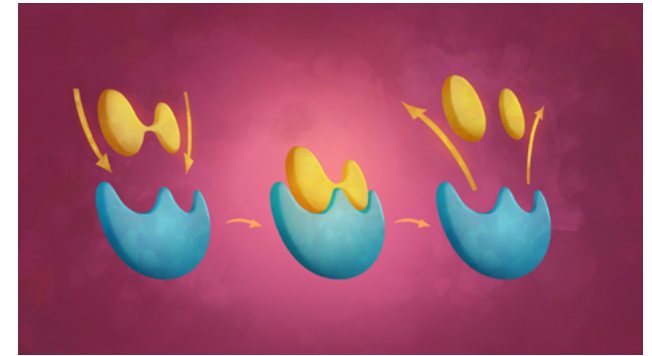
This results from swallowed air accumulating in your esophagus.



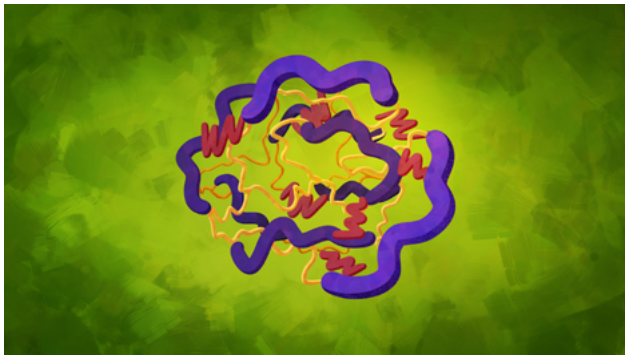
STOMACH



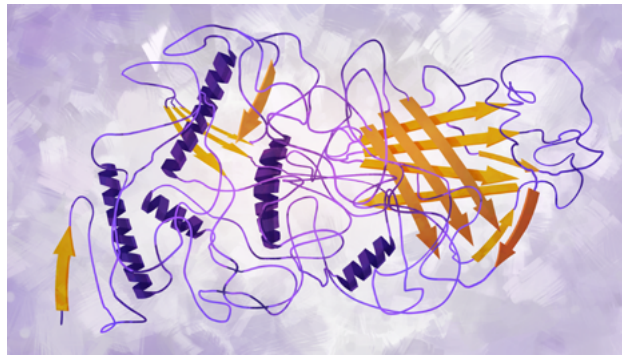
GASTRIC ACID



ENZYMES



PEPSIN



LIPASE



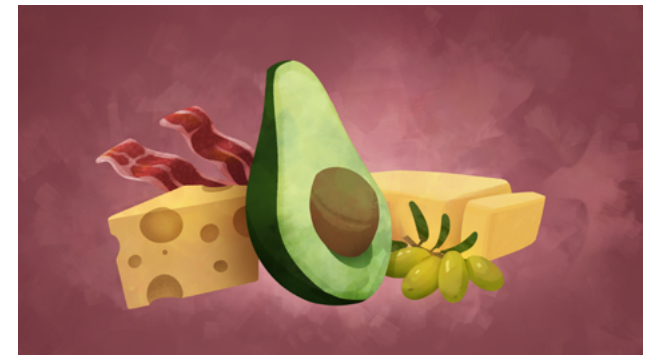
CHYME



PROTEINS



CARBOHYDRATES



FATS

Like a balloon that can stretch when filled, **this** organ expands and contracts.

It **temporarily stores food**, and allows you to go many hours between meals.

The cells in your stomach lining produce **this** juice.

It helps **break down cellular structures** that hold plant and animal cells together for easier food digestion.

These help **break down larger molecules** into smaller ones without being changed or used up.

They speed up the rate of certain chemical reactions in your body.

Found in gastric juice, your stomach produces **this** enzyme.

It helps **break down proteins** in your food into amino acids.

This enzyme is produced in the mouth, stomach, and pancreas.

Your body uses it to **break down fats** so they can be absorbed in the small intestine.

Food moving through your stomach is changed into **this thin, watery liquid**.

Little by little, this substance moves out of your stomach and into your small intestine.

These nutrients **maintain homesostasis**, a stable internal environment regardless of changes outside the body.

They are found in **meat, eggs, beans and peanuts**.

These nutrients are your body's **main source of energy**.

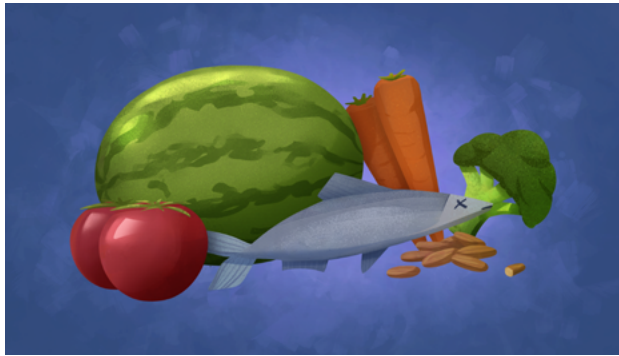
They are commonly found in starches, sugars and fibers such as **beans, fruits, and vegetables**.

These nutrients **provide energy** and help your body absorb vitamins.

Fish, nuts, and liquid vegetable oils contain these in their unsaturated form.



VITAMINS



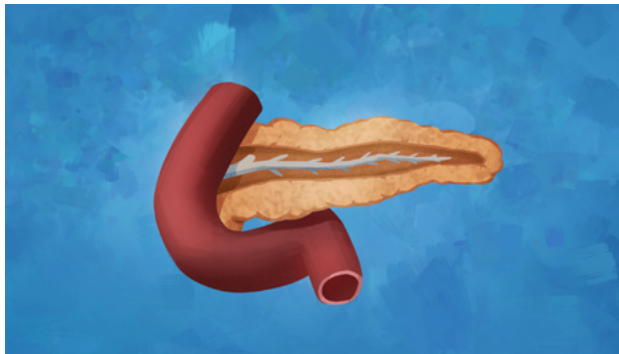
MINERALS



WATER



SMALL INTESTINE



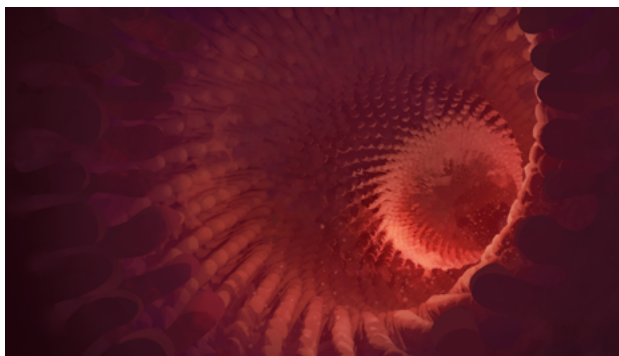
PANCREAS



LIVER



GALLBLADDER



VILLI



LARGE INTESTINE

You need **these** nutrients **for growth**, and regulating your body functions.

You obtain these by eating a **balanced diet** of meat, fruit, dairy, vegetables, and grains.

These inorganic nutrients do not contain carbon.

They **help regulate chemical reactions** in your body; carrying oxygen and building strong bones and teeth.

Your body's cells need **this liquid solution** for chemical reactions.

It allows your cells to carry out chemical reactions and for **nutrients to dissolve in**.

Your **food continues breaking down** in **this** organ after the stomach.

Nutrient absorption takes place with the help of juices from the pancreas, liver, and gallbladder.

This organ **secretes enzymes** that aid digestion.

Its enzymes **break down nutrients** such as proteins, fats, and carbohydrates.

This organ **secretes bile** to help digest fats in the small intestine.

It also **cleans blood** enriched by vitamins and minerals during digestion.

This organ **stores bile** produced by the liver.

When you start eating, this organ **releases the bile** into the small intestine.

These are **fingerlike projections** in the folds of your small intestine.

These contain **blood vessels that absorb nutrients** to be distributed throughout your body.

This organ is where any remaining **water is absorbed**.

Any materials **solidify into waste** product as it passes through on its way to your rectum.

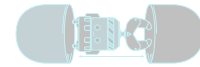
Why do we need to eat?



What is taking place in your mouth during digestion and how does it benefit your body?



What are the roles of the esophagus in the digestion of food in your body?



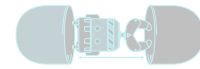
What are your stomach's activities in digestion and how do they benefit your body?



What macronutrients are provided by food and what is their function in your body?



In your small and large intestine, what is digestion doing to food and how does it benefit your body?





ALLERGENS

Food allergies are **reactions mistakenly produced by your body's immune system** thinking the food is a harmful substance.

The best way to manage an allergy is to **avoid the food allergen** that causes the reaction.

Why do we need to avoid foods we are allergic to?

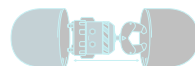


BACTERIA

Foodborne bacteria arise from **contamination of food** during processing at the farm, distribution to the consumer, or preparation in the kitchen.

Bacteria will grow on food. It can be **destroyed by heat** from cooking or **washed away**.

Why do we wash food and cook food all the way through?



VIRUSES

We use our hands to eat and communicate with others. Viruses are **transferred on contact** with other people.

Viruses can be destroyed or **washed away using soap and water** before we come in contact with food.

Why do we need to wash our hands?

