

Game Directions:

Cut out the **Probiotic Benefits** cards and the **Explanation** cards. Shuffle and match!

Probiotic Benefits

**Help with
digestion**



Probiotic Benefits

**Improve
dermatological
health**



Probiotic Benefits

**Strengthen
immune system**



Probiotic Benefits

**Prevent
allergies**



Probiotic Benefits

**Reduce
inflammation**



Probiotic Benefits

**Lower blood
pressure**



Explanation

Probiotics can make it easier to break down food and drink and turn it into energy for our bodies.



Explanation

Probiotics can make it easier for our bodies to fight off sickness.



Explanation

Probiotics can help our bodies calm down from redness, heat, and pain caused by illnesses ending in “-itis.”



Explanation

Probiotics may help clear up acne, eczema, and other skin conditions.



Explanation

Probiotics can help create a stronger immune response to different allergens.



Explanation

Probiotics can reduce the force of blood pushing against blood vessel walls.

