

PLAY THE TOXIC CHEMICALS GAME



WHAT YOU NEED:

- 7 Product cards (Print and cut out from download materials)
- Chemical labels (Triclosan, Formaldehyde and BPA – provided in the download materials. Make sure to print enough as each guest will need at least three labels of each chemical)
- Pens or pencils (For guests to mark their initials on the chemical labels)
- Prize for the winner (We suggest an assortment of healthy packaged snacks such as Luna Bars and trail mix, but you can be creative and do something else – just make sure it is healthy)

HOW TO PLAY:

The host will be the game moderator. The object of the game is for your guests to guess which everyday products may contain the following toxic chemicals; BPA, Formaldehyde & Triclosan.

1) Lay out the product cards and the chemical label groups on a flat surface. (**Note to Host: The “Glass Bowl” card is a trick - None of the chemicals are present in the glass bowl!**)

2) Read the following brief chemical descriptions below to your guests.

- “**Bisphenol-A**, also known as BPA, came into play about 80 years ago. It is a chemical that has been linked to heart disease, reproductive problems, cancer, thyroid disruption, decreased sex drive, obesity and autism.”
- “**Formaldehyde** has been used for over 150 years. It is a known carcinogen and also linked to skin irritation and asthma.”
- “**Triclosan** first debuted over 30 years ago. It is a hormone and thyroid disruptor and is linked to cancer and resistance to antibiotics.”

3) Instruct them to place a chemical label next to the product cards they think may contain BPA, Triclosan or Formaldehyde. Ask them to put their initials on their tabs to keep score.

4) Once everyone has put their labels down, read the “ANSWERS” section for the chemicals in the products. Whoever gets the most questions correct, wins the prize!

ANSWERS

BPA MAY BE PRESENT IN.....

- Canned Food
- Plastic Food Containers

FORMALDEHYDE MAY BE PRESENT IN.....

- Nail Polish
- Particle Board

TRICLOSAN MAY BE PRESENT IN.....

- Toothpaste
- Antibacterial Soap

TRICK QUESTION.....

- Glass Bowl - Glass is not known to contain any of these chemicals and is a great alternative to plastics!

