

All ages



**Kentucky Public Health**  
Prevent. Promote. Protect.

## Influenza Education Among Youth in Agriculture: Kentucky

### Modified “Mucus Swap” Game: Using Food Coloring

This game is designed for trainers to use for the adult “Train the Trainer”

4-H Leaders can easily do this with their students

1. Use clear plastic cups: 1 per person
2. Put a small amount of blue food coloring in 9 of 10 cups for 90% of healthy “pigs”
3. Put a small amount of yellow food coloring in 1 of 10 cups for 10% of “ill” pigs
4. Have each person pick a cup, don’t reveal what the colors mean
5. Instruct everyone to pour their contents into another persons cup, mixing their solutions together and then they pour the liquid back so each cup has an equal amount of liquid in it “Swapping Mucus”
6. Repeat with another person, so each person shares with two other people
7. Afterwards see how many people have “green”, infected cups from the 10% that started
8. This demonstrates how one sick pig per 10 can turn into many more in a barn at a fair

This is an easy game for adults to do with their kids with easily obtainable materials.