

Awe and Wonder

Homemade Digestive System

You will need

Mouth to stomach:

wooden castanets



zip lock bag



paper towel
tube



warm water



bread



Stomach to rectum:

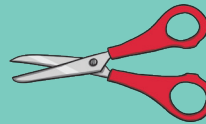
zip lock bag



bread



scissors



water



long balloons



funnel



sewing needle



large bowl



Method:

1. Put bread between the castanets, explain this is like our mouth and teeth breaking food into smaller pieces.
2. Put bread into the tube, with the zip lock bag underneath. Explain this is the oesophagus: it takes food to our stomach, it squashes and squeezes our food on the way down. Encourage the child to squash and squeeze the tube.
3. Once the bread is in the zip lock bag, explain this is your stomach. Add some water to the bag, explain this is the special juice that lives in our tummies, helps us to take all the goodness out of our food, and stops the bad parts from growing and making us poorly.
4. Seal the bag, encourage the child to squash and squeeze the bag, explain that these are the muscles in your stomach moving the food and liquid together.

5. Watch what happens to the bread, explain that all the good parts of the food are now broken down and can be used by the body.
6. Blow up then let down a long balloon, explain this is your small intestine and it continues to break down the food from your stomach/further breaks down the food in your stomach. Pour the mixture from the stomach into the deflated balloon using a funnel, seal the end with a knot and squeeze.
7. Poke some pin sized holes into the balloon, explain that the large intestine has very small holes in its sides to let all the water out. Hold the balloon over the bowl and encourage the children to squeeze all the water gently out of the large intestine balloon into the bowl.

The Science Bit

- Our body uses muscles to change our food physically.
- Our body uses different liquids and chemicals called enzymes to break down our food into lots of different parts our body can use: fats, carbohydrates, proteins, vitamins and minerals.
- Our food keeps us healthy and gives us energy.

