



WEEK 7: THE DIGESTIVE SYSTEM



Science in the News



A bowl of berries, breakfast cereal and pistachio nuts
Photo credit: Taste.com/au

Parents:

For primary learners, work through our full 'digestive system' lesson plan with your child. It is based around the national curriculum learning objectives found in the year 4 'animals including humans' topic. Download here - [Science Creates Outreach](#)

For secondary learners, the contents can be discussed in more depth using the [original online article](#). **

EAT BERRIES WITH YOUR BREAKFAST!

Your body goes through many changes during your life, and one of the most drastic involves how your digestive system functions.

Over time, the nerves and muscles in your digestive system do not move things along as well as they once did, however, there are things you can do that will help your body stay healthy and functioning well, like eating berries with your breakfast!

Scientists now know that foods that are high in fibre like pears, apples, raspberries and beans, are good for your digestive system. However, you don't need to load up on just fibrous foods, gradually add them to your diet for example by adding raspberries to your cereal or eating some beans with your dinner. Water is also vital to your digestive system so keep a water bottle with you and drink throughout the day.



Try it at home - Demonstrate digestion!

What do you need?

- Some food e.g. a piece of bread, a banana, and a tomato
- A large bowl
- Scissors (always ask an adult first)
- Water
- A plastic ziplock bag
- An old pair of tights (optional)

What am I learning?

It's quite hard to understand the digestive system. We eat food and then we don't really see what happens. This is a demonstration so you can see what it might look like inside your body, when you eat!

If you want to learn more about the science behind this, check out our lesson on our website - [Science Creates Outreach](#)



Instructions:

1. First, use scissors to cut your food into the bowl. This shows what your incisors (front teeth) do when you chew your food.
2. Next, add some water to the bowl. This represents your saliva.
3. After that (this is messy) make your hand into a fist and mash up the food. Your fist is just like your molars (back teeth) chewing your food.
4. Then, pour the mashed up food from the bowl into the ziplock bag. This is what happens when you swallow your food and it moves from your mouth, down your esophagus and into your stomach.
5. Now, gently massage the bag, squashing the food again. Your hands are showing what your stomach muscles are doing, breaking down the food even further.
6. If you have a pair of tights, tie one foot in a knot. Over the bowl, pour the food from the bag into the tights, squeezing it all down to the bottom. The tights represent your intestines. You will see that the liquid and small bits, go into the bowl. These are all the nutrients that we need for growth and energy, entering the body. The food left in the tights is what the body cannot digest.
7. Finally, cut the bottom of the tights and squeeze the solid waste out. This mimics your poo leaving your body!





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Answers: 1. Stomach 2. Digestive 3. Body 4. Mouth 5. Intestine 6. Nutrients

Read, Watch, Ask



Have a read of our [lesson](#) to learn more about the digestive system.



What is the digestive system? Watch [here](#) to find out.*



Got any questions about today's topic? Email us at info@sciencecreates-outreach.co.uk and we'll answer them!



Did you know?

Your digestive system does not need gravity, it works with muscles. This means your body can move your food through the digestive system even if you are lying down, in space or doing a handstand!

Competition Time



Imagine you're a chunk of apple or a mouthful of mashed potato! Can you describe your journey through the digestive system? You could do this as a drawing or as a short paragraph of writing, whichever you would prefer.

Your competition entry should:

- include your first name and age e.g. Patrick, 12 years old.

Finally, send your writing or photo to info@sciencecreates-outreach.co.uk

The deadline for this issue's competition is Friday, 12th June 2020 at midday.

Last week's winner!

To infinity and beyond! What creative and resourceful junk model rockets you made for last week's competition. Congratulations to our winner, Jack, age 8. We love that it is filled with blue liquid and we recognise those stripes from a toothpaste box!



Competition closed