

Homemade Digestive System

You will need:

Mouth to stomach: Wooden castanets, zip lock bag, bread, paper towel tube and warm water.

Stomach to rectum: Zip lock bag, bread, scissors, water, large balloons, funnel, sewing needle and a 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 that 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 that this is your stomach. Add some water to the bag and explain that this is special juice that lives in our tummies and helps us to take all the goodness out of our food.
4. Seal the bag and encourage the child to squash and squeeze the bag. Explain that this is the muscles in your stomach moving the food and liquid together.
5. Watch what happens to the bread and explain that all the good parts of the food are now broken down and can be used by the body.
6. Blow up and then let down a long balloon. Explain that this is your small intestine and that it breaks down the food from your stomach even further. 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 and 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 child to squeeze all the water gently out of the large intestine balloon into the bowl.
8. All the mush that is left is now going into the rectum. It is waste - all the water and goodness has been taken out and we get rid of the waste when we go to the toilet. Cut a hole in the end of the balloon and squeeze the mush out, explaining that our body does this process with everything we eat and drink.

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.