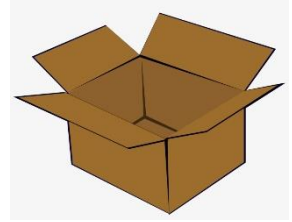




Science Activity

Digestion

Time to prepare: 5 minutes



□ Please, stay safe and ask a grown up to supervise you

Resources/ things you need

- Clear zip lock plastic bag
- Glass of water
- Glass of orange juice
- 3 digestive biscuits
- Banana
- Bowl
- T-towel
- One leg of a pair of tights

Optional - Follow the link to watch a video and see an explanation of this activity.

<https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zrm48mn>

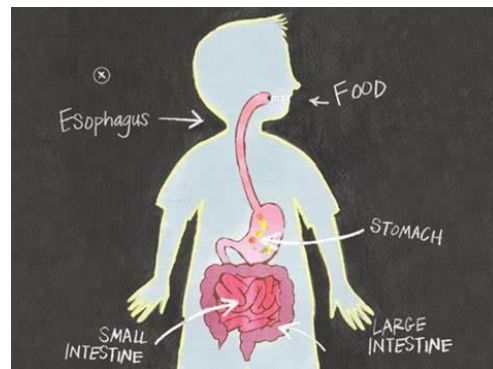
What to do

1. First, put the biscuits, banana, orange juice and water into the bag. **The bag is going to be our stomach for this experiment.**
2. Next, **churn** the food in the bag just like your stomach does by squeezing it lots and lots.
3. After that, transfer the contents of the stomach bag into the tight leg and squeeze out the remaining liquid over the bowl. **The tight leg is acting as our small intestine. The liquid in the bowl are all the nutrients that our body needs.**
4. Then squash all the remaining moisture and nutrients out using the t-towel. **The t-towel is acting as the large intestine.**
5. Finally, cut a small hole in the end of the tights and squeeze out the rest of the undigested food. **The result is poo!**

Background and the link to learning

Digestion is the process of the food we eat being broken down into substances that our bodies can use. The digestive system provides our body with the energy it needs. It is vital that our body gets the correct amounts of each food group in every meal.

Pictures



Link to other similar activities - Please see Making a Lung.

