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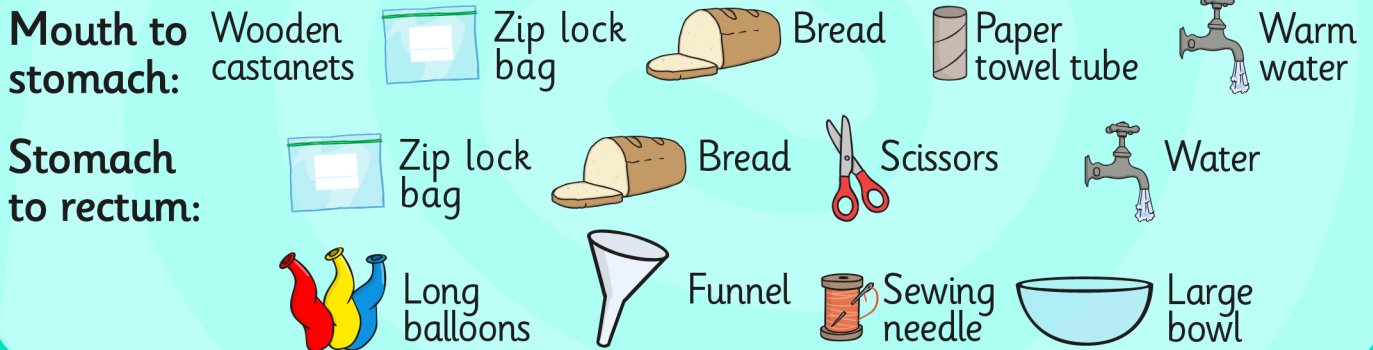
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# Awe and Wonder Homemade Digestive System



## You will need:



## 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 esophagus, 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 special juice that lives in our tummies and helps us to take all the goodness out of our food.
4. Seal the bag, 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, 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, it does some more work breaking down the food from your stomach 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, 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.
8. All the mush that is left is now going into the rectum, its 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, explain 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.