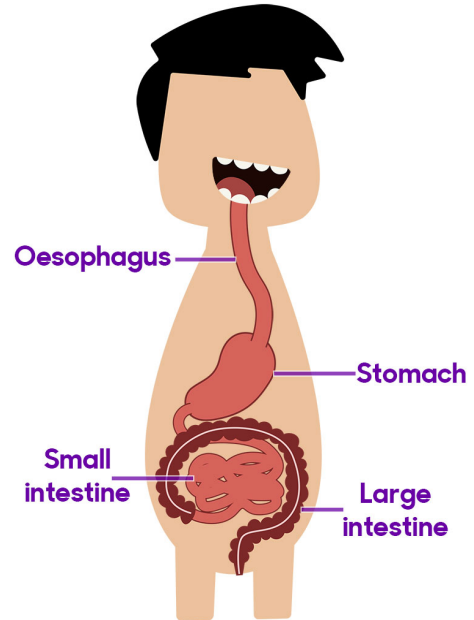


Activity 3: What happens when I eat?

This is a suggested activity that you may want to use in the classroom to demonstrate how food moves through the body. This activity can get quite messy so be sure to have enough cleaning materials/containers on hand.

What you will need:

- Small bowl
- Scissors
- Jam sandwich
- Small jug of water
- Masher
- Funnel
- Sandwich bags
- Cola or orange juice
- Washing up liquid
- Tights (one leg cut off)
- Kitchen roll
- Large bowl
-



Mouth: Ask a member of the class to cut up the sandwich with a pair of scissors over the small bowl. The scissors represent the teeth and the small bowl represents the mouth. Pour some water into the small bowl – this represents the saliva. Mash the food up using the masher – this represents the back teeth grinding up the food before we swallow it.

Oesophagus: Once mashed up, push the food through the funnel and into a sandwich bag – this represents the food going down the oesophagus and into the stomach.

Stomach: At this stage you can ask a member of the class to add some cola/orange juice – representing the stomach chemicals and acid that breaks down our food. Ask another volunteer to add some washing up liquid to demonstrate how the enzymes in our stomach help to further break down the food. Squeeze and squash the bag in your hands – just like the stomach muscles squeeze the walls of the stomach.

Small intestines: The next step is to get the food into the small intestines – the tights. Hold your tights over the larger bowl and pour the liquid from the ‘stomach’ (sandwich bag) into them. The liquid seeping through the tights represents nutrients moving through the wall of the small intestines into the bloodstream.

Large intestines: Lay the tights on some kitchen roll to absorb more of the water. Cut the end (foot) from the tights and squeeze the remaining solids out into the plastic bag, this represents the waste leaving the anus.

Prior to the lesson, you can download all activity sheets for the Live Lesson from our website:

bbc.co.uk/livelessons