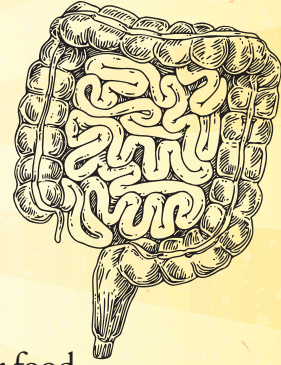




# DISGUSTING DIGESTION



Take a trip inside your body and find out how humans and animals digest their food.  
**Warning: This could get messy and should be conducted under adult supervision!**

## WHAT YOU'LL NEED

- 1/3 banana
- 1 cream cracker
- Paper cup with hole in bottom
- 50ml water
- 100ml orange juice
- Sealable plastic sandwich bag
- Scissors
- Stocking or one leg of a pair of tights
- Plastic or metal tray
- Paper towels (for mopping up spills!)

- 1 Put down plenty of paper towels/newspaper, or a plastic table cover on the surface you are using for the experiment. Place the tray on top. **This will be your experiment area.**
- 2 Put the banana and cracker into the bag. **This represents swallowing the food.**
- 3 Carefully pour the orange juice (this represents our stomach acid) and the water (this represents our saliva) into the bag. **This mimics the first stage of digestion.**
- 4 Gently squeeze all the air out of the bag and make sure it is sealed. Then mash the food together by squeezing the bag between your hands. Continue this for 2-3 minutes. **This mimics the action of our stomach walls breaking the food down.**
- 5 Place the plastic bag and stocking/tights leg on the plastic tray. Cut a small hole in the corner of the plastic bag and carefully pour the mixture from the bag into the stocking/tights leg. **The stocking represents the small intestine.**
- 6 Keep the stocking/tights leg over the tray and gently squeeze it. The liquid that seeps out represents the nutrients that are absorbed by the body and used for growth and energy. **The food that is left behind in the stocking is the waste products that the body cannot absorb.**
- 7 Cut the toe off the stocking/tights leg and squeeze the remaining product into the plastic cup. **The cup represents the large intestine.**
- 8 Push the food through the hole in the bottom of the cup and into the tray. **This represents going to the toilet.**

