

Science

There are two activities to choose from this week.

Activity #1

Please choose Challenge 1, 2 or 3.

This activity involves you thinking of questions and then doing some research to find the answers to your questions.

Activity #2

There are question cards to research and find the answers to. There are also fact cards which may help.

You do not need to print this work. Write the short date you do the work and 'Eating and Digestion' in your book, underlining them neatly with a ruler. Please also remember to write 'Activity #1' or 'Activity #2' and whichever challenge you choose.

Science

Activity #1

Please choose Challenge 1, 2 or 3.

You do not need to print
your challenge.

Can I investigate how the digestive system works?

Challenge 1



What happens to the food in our digestive system after we have swallowed it? Think of three interesting questions could you ask and see if you can find the answers!

Question 1:

Answer:

Question 2:

Answer:

Question 3:

Answer:

Did you find the answers to your questions? Did you discover any other interesting facts along the way?

Can I investigate how the digestive system works?

Challenge 2



What happens to the food in our digestive system after we have swallowed it? Think of five interesting questions could you ask and see if you can find the answers!

Question 1:

Answer:

Question 2:

Answer:

Question 3:

Answer:

Question 4:

Answer:

Question 5:

Answer:

Did you find the answers to your questions? Did you discover any other interesting facts along the way?

Can I investigate how the digestive system works?

Challenge 3



What happens to the food in our digestive system after we have swallowed it? Think of eight interesting questions could you ask and see if you can find the answers!

Question 1:	Question 5:
Answer:	Answer:
Question 2:	Question 6:
Answer:	Answer:
Question 3:	Question 7:
Answer:	Answer:
Question 4:	Question 8:
Answer:	Answer:

Did you find the answers to your questions? Did you discover any other interesting facts along the way?

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Activity #2

Can you research and answer any of the question cards?

The fact cards may help you.

These pages do not have to be printed. Choose the questions that you're really curious about, write them in your book and then write the answers underneath!

How long does it take for food to digest?



What happens in our stomachs?



Why do we get stomach aches?



What does the pancreas do?



What does our liver do?



What is the difference between the small and large intestines?



Why do people poo and wee?



Why do people burp and fart?



What does the gallbladder do?



Why do people sometimes throw up?



Why does food not go to our lungs?



Can our stomachs digest everything?



Saliva (spit) in your mouth helps moisten your food so it is easier to swallow. It also has an enzyme which starts to break the food down. Our mouths produce over a litre of saliva every day!

It takes about seven seconds for food to travel down your oesophagus into your stomach.

You have a flap at the back of your throat called an epiglottis which stops food from going down your windpipe and into your lungs when you swallow.

Your stomach has lots of muscles which contract to pummel the food and break it down. Your stomach makes rumbling noises when the muscles contract but your stomach is empty.

Your stomach produces acid which breaks food down. The stomach wall has a thick lining of mucus so that the acid doesn't erode the stomach itself.

Food stays in your stomach for about four hours. By then, it has mostly turned to liquid which can then pass to the small intestine.

Your pancreas, liver and gallbladder produce enzymes and fluids to help the small intestine absorb nutrients from the food into your blood-stream.

Your small intestine isn't actually small at all. If you stretched out an adult's small intestine it would measure around 7 metres!

Your liver acts like a filter. It filters out the harmful substances and the waste before they can go to other parts of the body.

Any food that hasn't been absorbed into the blood by your small intestine will travel to your large intestine. The large intestine sucks the water out to leave solid waste.

Solid waste from the large intestine travels out of your anus (bottom) as poo. The scientific name for poo is faeces.

You burp when air that you swallow with your food travels up from your stomach.

Your large intestine produces gas when it is finishing off the digestion process. These gases escape as flatulence (farts). Some foods make you more gassy than others.

Stomachs are usually small but can expand so more food can fit in. The average adult stomach can hold 1.5 litres of food.

If you eat something that is bad for you or get a stomach bug, your stomach will try and get rid of it as quickly as possible. This is why you get sickness and diarrhoea.

It takes between 24 hours and 72 hours for food to travel all the way through from your mouth to your anus.