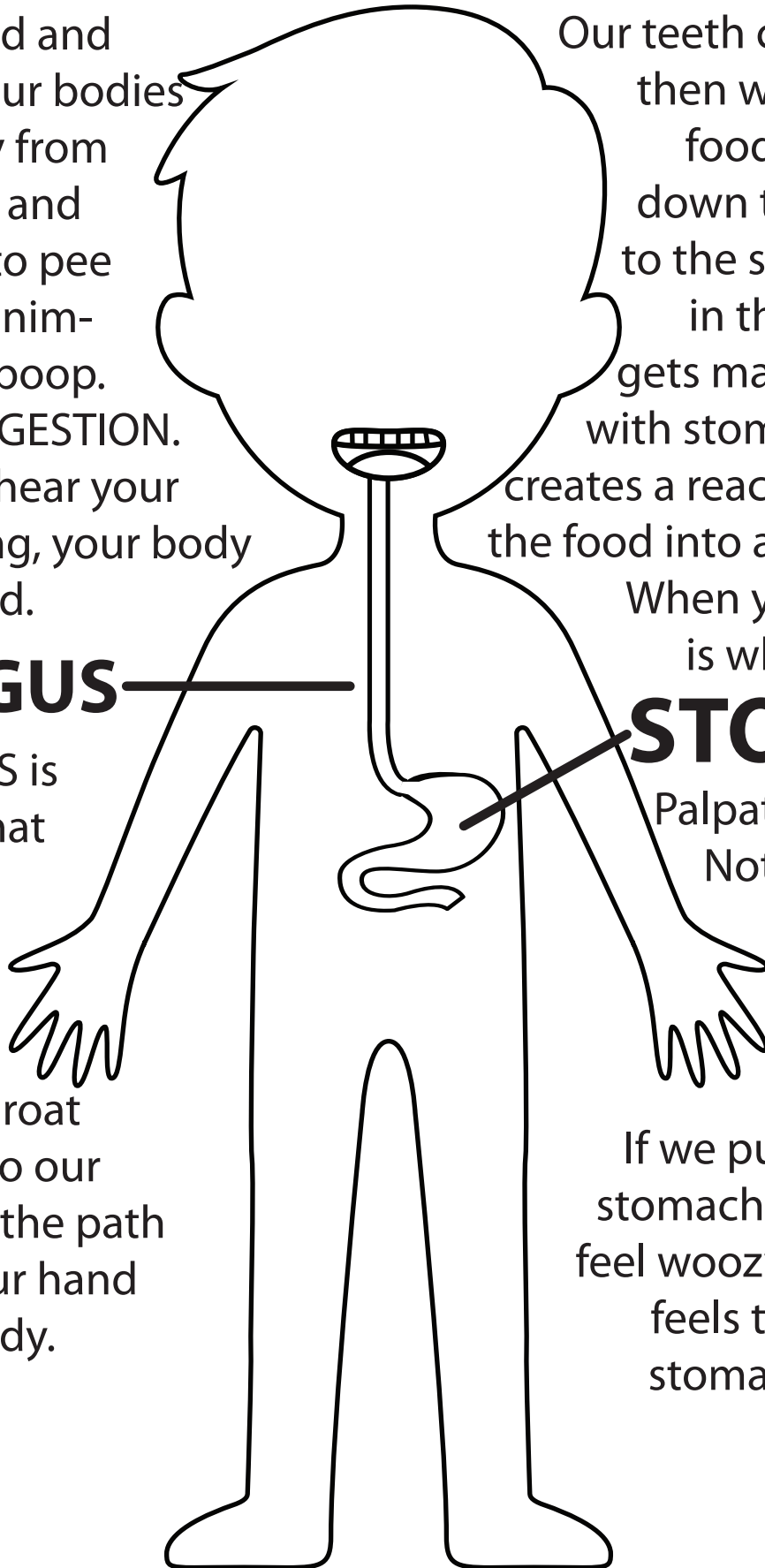




We all need food and water to live. Our bodies take the energy from food and water and turn the rest into pee and poop. All animals and insects poop. This is called **DIGESTION**. Whenever you hear your tummy rumbling, your body is digesting food.

## ESOPHAGUS

The **ESOPHAGUS** is the long tube that our food travels down to get to our stomach. It connects our mouth to our throat and our throat to our stomach. Trace the path of food with your hand on your own body.



Our teeth chew our food, then we swallow the food. Next it goes down the esophagus to the stomach. Once in the stomach, it gets mashed together with stomach acid. This creates a reaction that turns the food into a watery mush. When you vomit, this is what comes out.

## STOMACH

Palpate the stomach. Notice it is located under the ribs. Does it feel soft? Is there food in there? If we push hard on our stomach, it can make us feel woozy. This is how it feels to be sick to our stomach sometimes!



**Lesson Objectives**

- By the end of this lesson, the children should be
- Identify and palpate:
    - Stomach
    - Esophagus
    - Scapula
  - Know very generally what STOMACH ACID is
  - Know that here is a reaction that happens in our stomachs that turns our food into mush
  - Know that DIGESTION is what happens as food turns into poop
  - Name some solid and liquid foods

**Materials**

- SCAPULA page for My Body Project
- ESOPHAGUS and STOMACH pages for My Body Project
- White vinegar
- Baking soda
- Reusable ziplock baggie
- Yellow food coloring
- Peanut butter and jelly sandwich
- Rags for cleanup (this is a messy one)

**Lesson Prep**

- Cut out SCAPULA (My Body Project)
- Cut out ESOPHAGUS and STOMACH (My Body Project)
- Prepare sandwiches
- Cue up "Digestion Song"
- Cue up "Boa Constrictor" song

**Greeting Routine** (for more than 2 children) Free play until everyone arrives.

**Mat Time** "CHEW, GULP, YUM!" (COPY CAT)

Ask children to copy you. First make exaggerated chewing motions, smacking lips, "nom nom nom" etc. Next put your hand to your throat so you can feel when you swallow. Make a huge gulping sound. "AHH...!" Lastly, trace the route of the food to the stomach with your hand. (It is directly below the sternum.) "YUM!" Explain how food is chewed, swallowed and mashed up in the stomach. Feel the swallow re ex again until everyone gets it. (Hide organs around the room.)

**Reading Time** "MEXICAN BONES"

While reading, ask kids to stop you when you get to a page where the Bones family may be eating or drinking something.

## Activity in Motion "DIGESTION SONG"

Cue up the "Digestion Song" (2 options) Try to get kids to act out some motions for "chewing", "glub, glub", etc. You can "free style" instead if you like. Mostly, we are just the getting the word "digestion" to be familiar to them. If you'd like them to watch the video, stop it at the part where they show the watering can in the stomach and explain that this is where the stomach acid mixes with the solid food in the stomach and turns it into mush (or a liquid).

## Lesson

"Without food and water our bodies won't live long. That is because we get our energy from the food we eat. Everything alive in our world eats something to stay alive. Because everyone eats food, everyone also has to poop. Name some animals that poop!" See what the kids come up with. "Where is the first place we put food we want to eat? That's right, in our mouths. What does our mouth do with the food, (or our teeth)? Yes, we chew our food into small pieces so we can swallow it. Gulp! Then where does the food go? Down the ESOPHAGUS to the STOMACH. Now the stomach smashes the food even more, but what turns it into complete mush is the stomach acid. Stomach acid turns solid food into what looks like a smoothie! But when your body wants to quickly get rid of something you ate, what does it do? Has anyone here ever vomited? (Most of them will have.) It can burn your throat on its way back up. That is what the food looks like in your stomach! Ewww!" "Can anyone name me a food that is a liquid? (Smoothie, juice, chocolate syrup, soup etc). Now name foods that are solid. Our bodies turn solid food into a liquid, then it turns to poop and pee. This is called DIGESTION."

## Chant ECHO GAME

I'm going to say the name of a bone, and you all are going to be my echo! If I say it LOUD you say it LOUD. If I say it SOFT, you say it SOFT. Okay? " Touch your ribs and say: "SCAPULA!" Have them repeat it back to you. Experiment with a silly tone, a growly tone, etc. Say it in as many different ways as you can. (While you are chanting, review other names of bones that the kids might need to go over again.)

## My Body Project

Have each child identify and paste the SCAPULA to the bones side. Then have them paste the ESOPHAGUS and STOMACH to the organs side.

## Activity in Motion "BOA CONSTICTOR"

Play the Boa Constrictor song by Johnny Cash. Have the kids point to and review the body parts. Have them sing along if possible.

## **Activity** "STOMACH MODEL"

See activities page for instructions and materials.

## **Optional Activity** "COLOR STOMACH"

See coloring page.

## **Lesson Review**

"What is the first place our food goes? What happens to the food there? (teeth chew it) Then what do we do with our food after we chew it? Yes, we swallow it and it goes down the ESOPHAGUS to the.... (wait for it) STOMACH. Yes. What happens to it in our stomach?" Discuss what they learned from the stomach model activity and review the process. Can you name food that is SOLID? Good! Now name food that is liquid. Excellent. Part of digestion is turning solid food into a liquid like a smoothie in our stomachs.

"There is a saying that goes, 'You are what you eat.' As children, your body is growing every moment of every day. Food is what your body needs to grow bigger!"

## **Notes**

Digestion Song

<https://www.youtube.com/watch?v=fiRkW0W51Pg>

Boa Constrictor Song by Johnny Cash

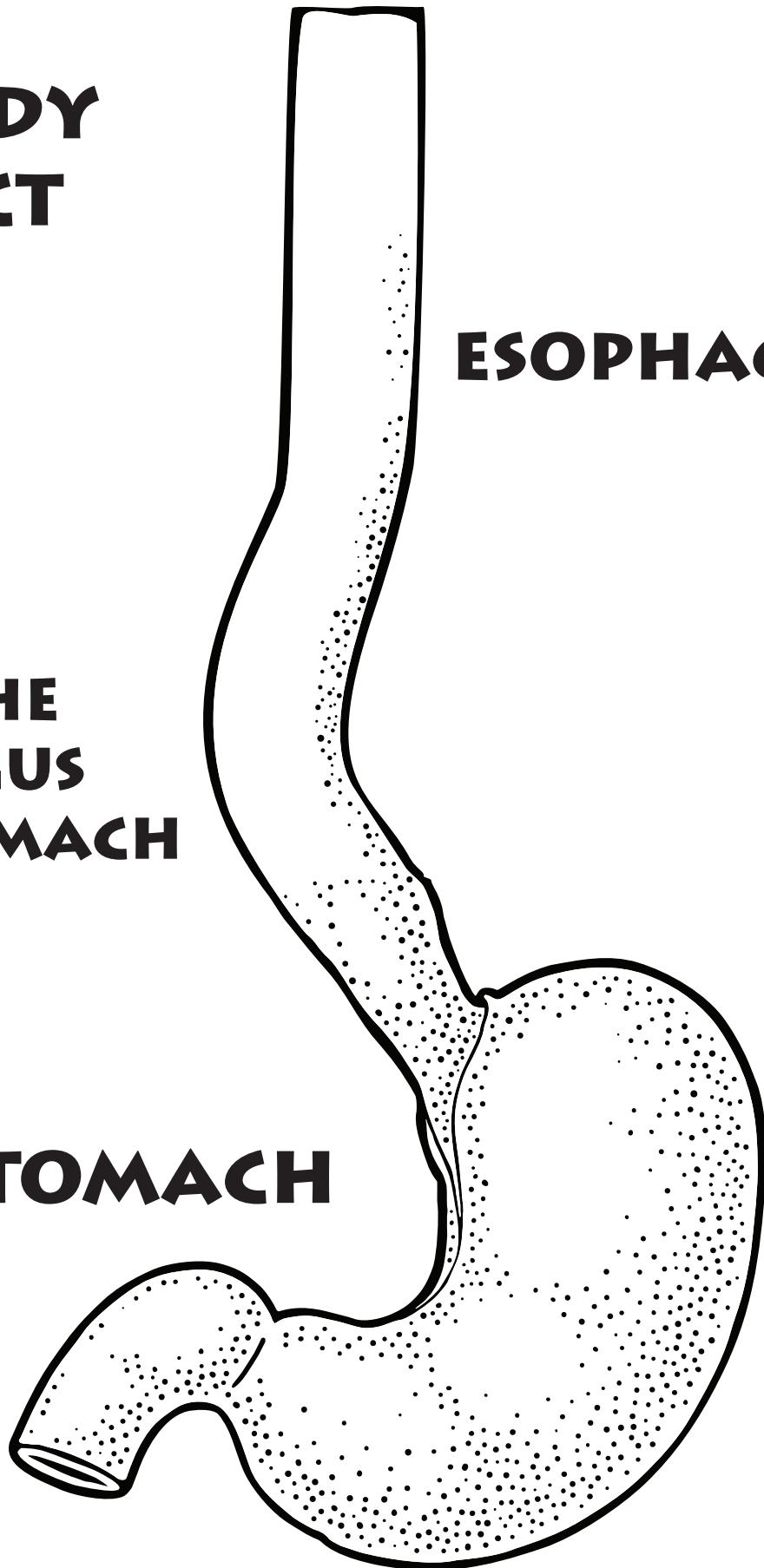
<https://www.youtube.com/watch?v=Xd0cX1dogtk>

# MY BODY PROJECT

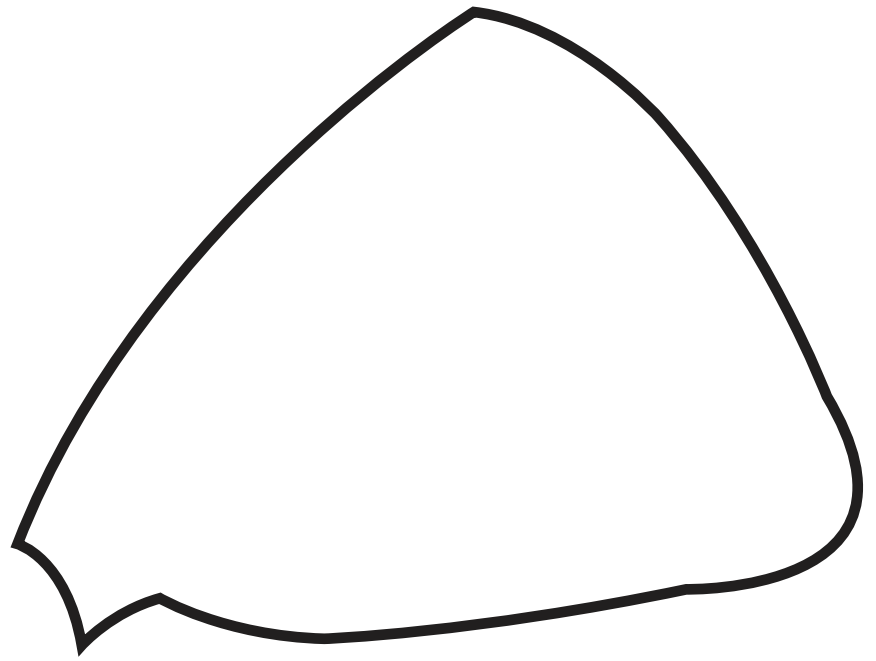
**ESOPHAGUS**

**COLOR THE  
ESOPHAGUS  
AND STOMACH**

**STOMACH**



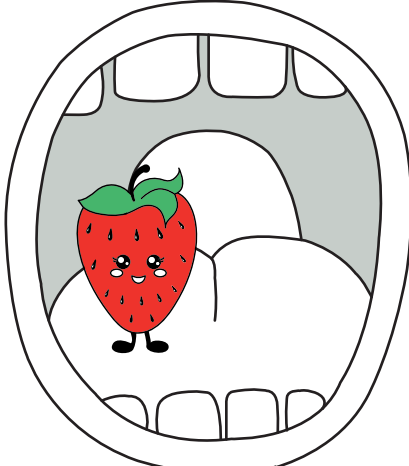
# MY BODY PROJECT



**R**  
**SCAPULA**



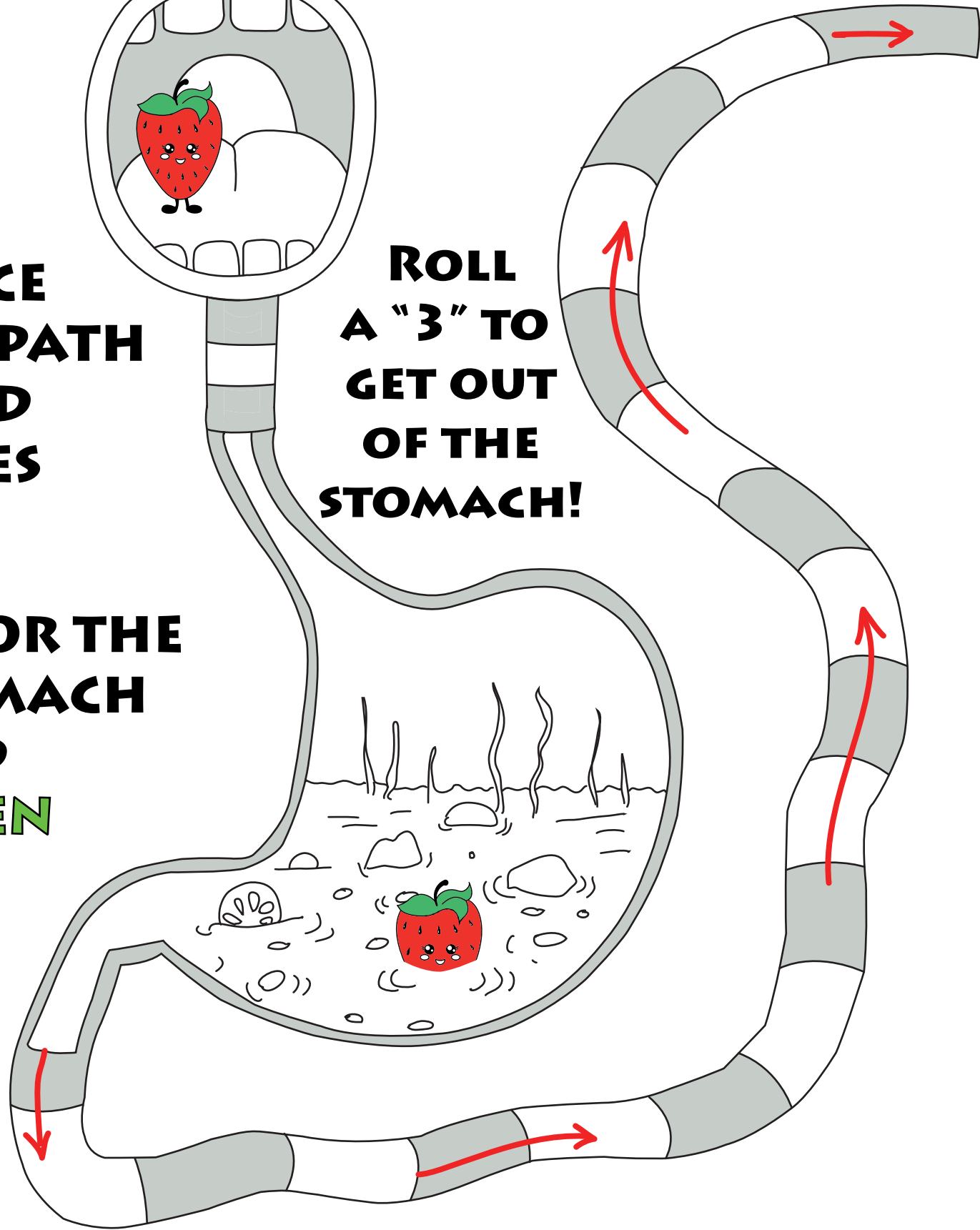
**L**  
**SCAPULA**



**TRACE  
THE PATH  
FOOD  
TAKES**

**ROLL  
A "3" TO  
GET OUT  
OF THE  
STOMACH!**

**COLOR THE  
STOMACH  
ACID  
GREEN**





# Stomach Model Activity

## Materials:

ZipLock Baggie  
Baking Soda  
Vinegar  
Bread Slices  
(a mouth full per child)  
Yellow Food coloring  
et rags for clean up

## Instructions:

Have each child take a bite of bread, chew it well, and spit it into the baggie. Add vinegar and food coloring. Have the kids help you mash the bread simulating muscles of the stomach. Explain about the reaction taking Place in the stomach while adding the baking soda. Ewww! What does this look like?





**COLOR THE  
ESOPHAGUS  
ORANGE**

**COLOR THE  
STOMACH  
PINK**

