





After our food has been chewed and swallowed, it goes down the esophagus to the stomach. Stomach acid makes it into a food smoothie.

From there food travels to the small intestine where all the nutrition is absorbed into the body.

Sm. Intestine

The SMALL INTESTINE is about 22 to 25 feet in length! That is as long as a bus, and it all fits in your tummy!

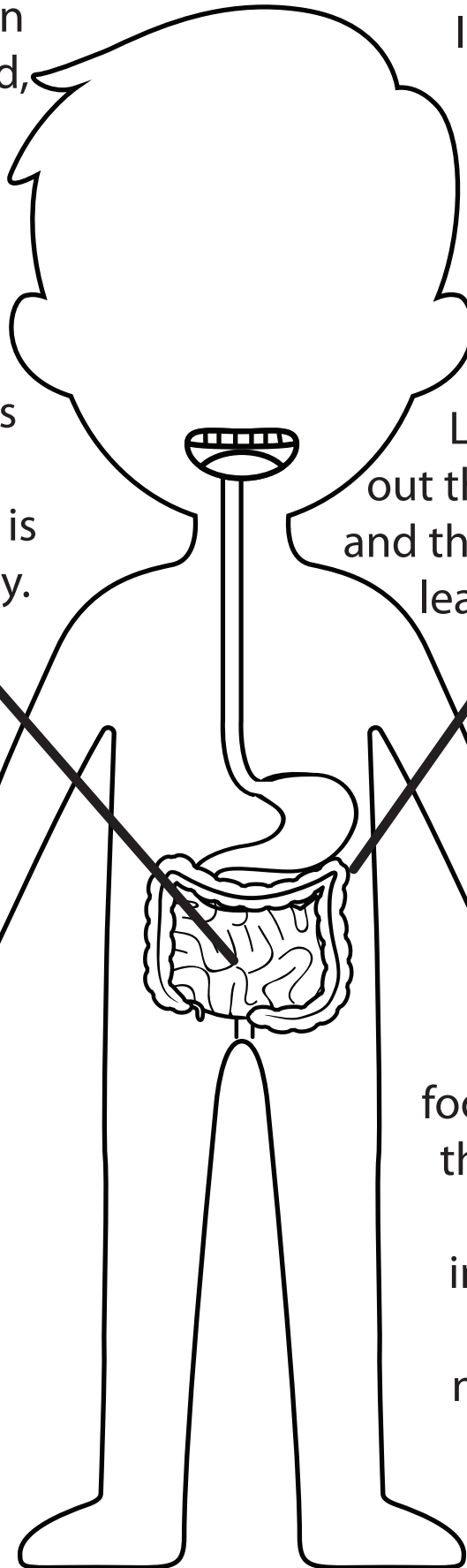


25 feet

It takes about 24 hours for food to go from your mouth to the toilet! After all the goodness is absorbed by the body from the small intestine, our LARGE INTESTINE takes out the water to make pee, and the solid food that is left leaves the body as poop.

Lg. Intestine

Palpate your guts. Pretty squishy in there, right? The LARGE INTESTINE is the last place food goes before it exits the body in the form of WASTE. Pee is stored in the BLADDER. When it's full, we know we need to pee right then and there!



Lesson Objectives

By the end of this lesson, the children should be able to:

- Identify:
 - Bladder
 - Small & large intestines
 - Pelvis
- Palpate pelvis and bladder
- Know the basic meaning of ABSORB
- Name some solids, liquids, and gases

Materials

- PELVIS page for My Body Project
- Large bowl of cooked oatmeal
- Nylon stocking (preferably nude color)
- Medium sized ball that can be pushed through the stocking (for non-messy version)
- 1 litre of water (in a measuring cup is fine)

Lesson Prep

- Cut out PELVIS (My Body Project)
- Cut ends off of the stocking so that it becomes a tube
- Cut out BLADDER and INTESTINES (My Body Project)
- Cue up "Digestion Song" (see Notes)

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

Mat Time "CHEW, GULP, YUM, SWIRL, POOP" (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...!" Trace the route of the food to the stomach with your hand. (It is directly below the sternum.) "YUM!" Lastly, say "Then round and round it goes and poop it out!" Swirl your hand around your lower abdomen as you say this last bit.

Reading Time *THE BONES FAMILY GOES TO MEXICO*

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 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

"What can you guys remember about the path our food takes?" Wait to see how much they can recall. "After we chew and swallow our food, it lands in the stomach and the acid in our stomachs turn the food to mush.

Next food goes from the stomach to the **INTESTINES**. The **SMALL INTESTINE** takes out the water and nutrition that your body needs. They are 25' long! It takes about a whole day for our food to travel through the **SMALL INTESTINE** where all the good stuff your body needs (including some water) is **ABSORBED** (or soaked up) from the intestines and into our blood. The blood then takes all that good stuff to every part of our bodies. Eventually the last of the food gets to the **LARGE INTESTINE** where the rest of the water is taken to the **BLADDER** to become pee. (When you feel like you have to pee, it's because your **BLADDER** is full! Can you feel where your **BLADDER** is in your body?) What remains of the food cannot be used by the body and is pushed out as **WASTE**... Yup! Into the toilet it goes! Plop!

"Most parts of our body are meant to **ABSORB** water. Our skin can absorb up to 1 litre (34 oz) of water per hour!" (It may be nice to have a litre of water in a clear container to show at this point.)

"Name some foods that are solid. What about things we eat that are liquid? Do we eat anything that is a gas? No... but sometimes we pass gas!"

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 hips and say: "PELVIS!" 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 **PELVIS** to the bones side and the **BLADDER** and **INTESTINES** to the organ side. (The **BLADDER** should get pasted first under the **INTESTINES**.)

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 "INTESTINE MODEL"

See activities page for instructions and materials.

Optional Activity "ABSORPTION EXPERIMENT"

When we sit in the bath for a long time, our skin is **ABSORBING** large amounts of water. (Up to 1 litre or 34 oz.) See activities page for instructions and materials.

Lesson Review

"Hmmm... why do we eat?" See if children can come up with something good... "Our bodies get energy from food and water. We can live without food for a while but without water, we won't live long. Our food starts its journey in our mouth, gets chewed, goes down the **ESOPHAGUS**, then where? That's right, to the stomach. From there it travels to the **INTESTINES** where liquid is taken out of the food and made into pee. Next all the liquid parts of the food that can't be used by the body ends up in the **BLADDER** as pee. "You know the feeling when you have to pee? That is your bladder getting uncomfortably full. The rest of the unusable food that is more solid ends up in the **LARGE INTESTINE**. What does your body push out when it is done?"

"Name solid and liquid foods, and some forms of gas."

Notes

Digestion Song

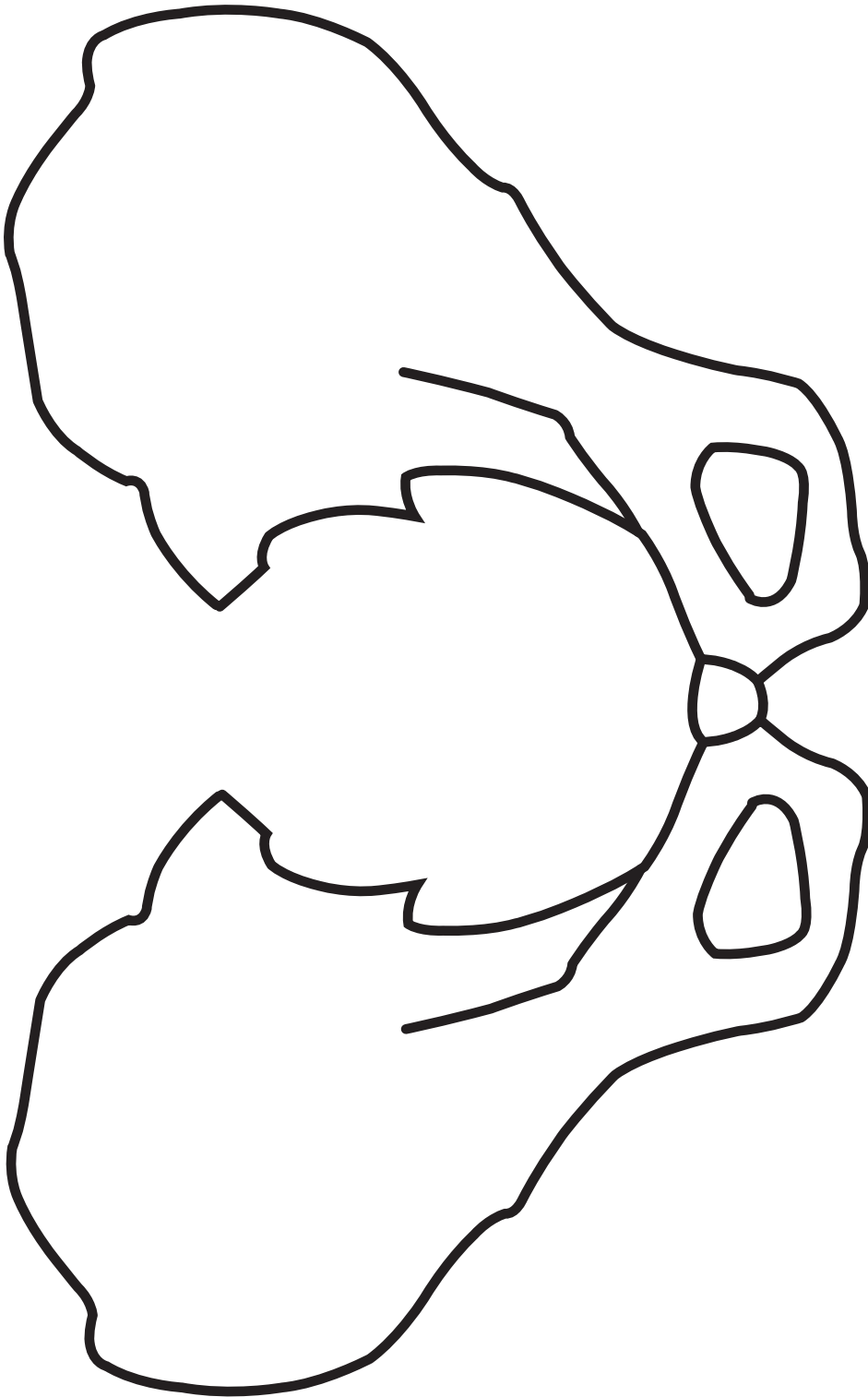
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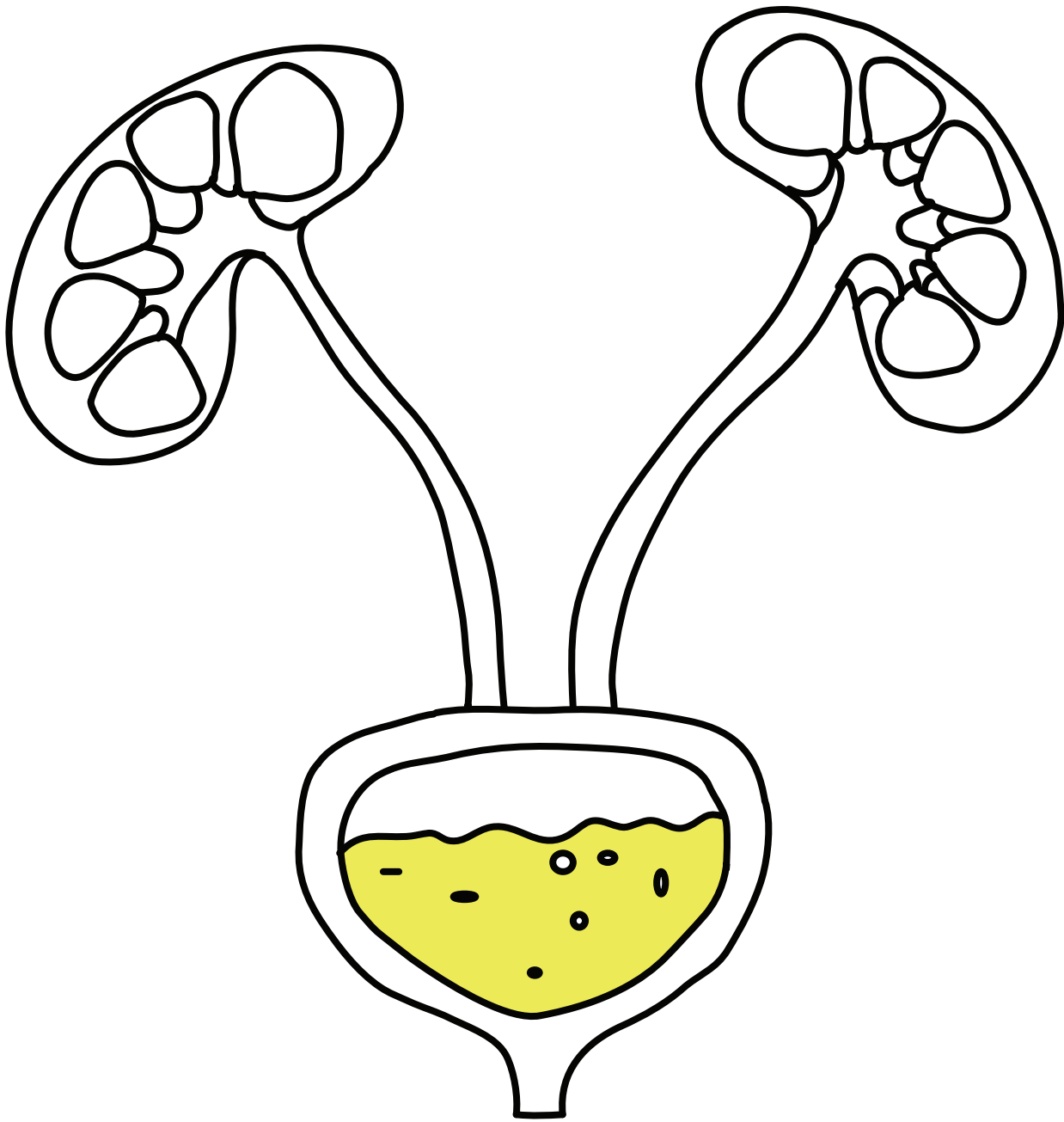
Boa Constrictor Song by Johnny Cash

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

MY BODY PROJECT

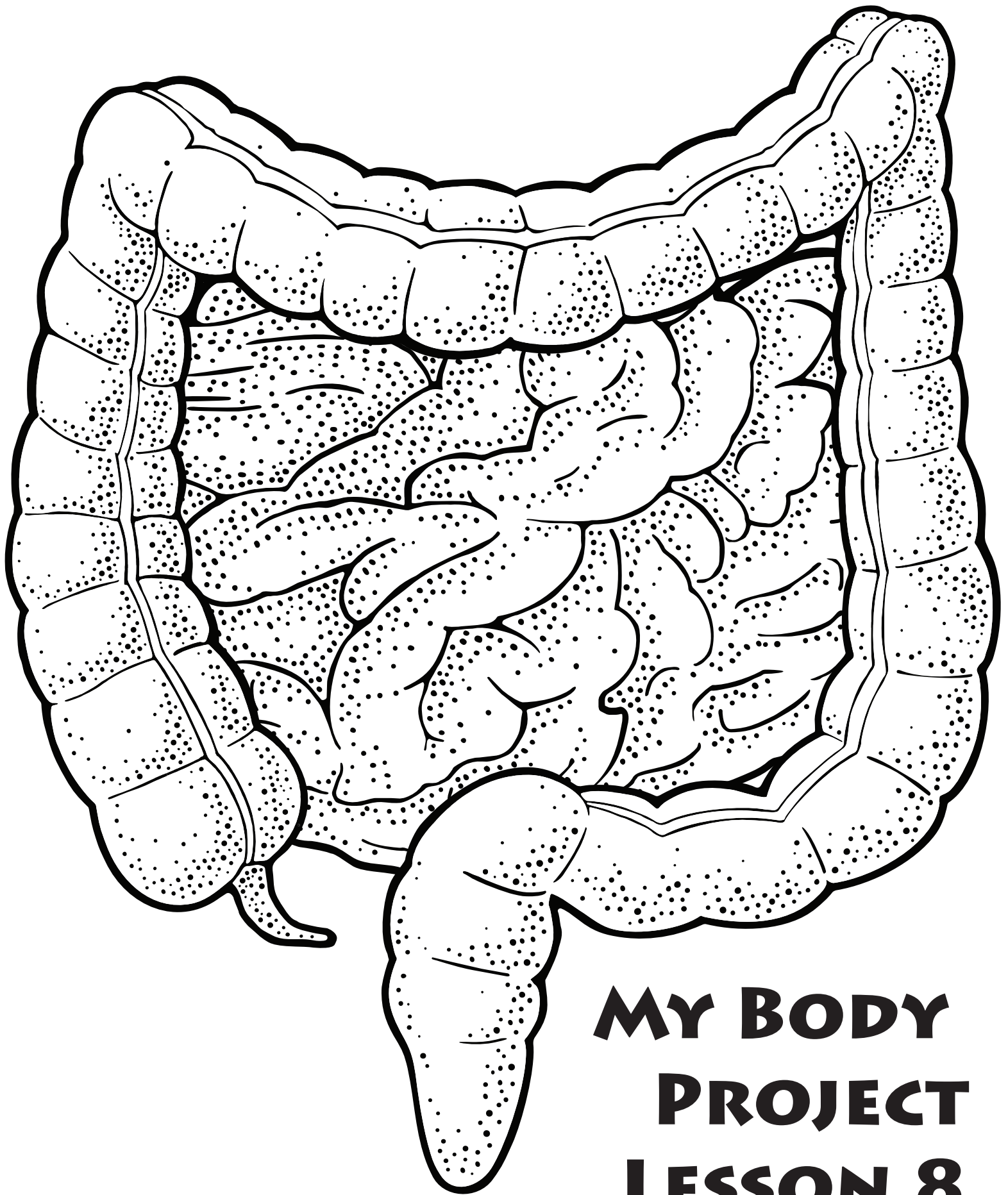
LESSON 8





MY BODY PROJECT

LESSON 8



MY BODY PROJECT LESSON 8



INTESTINES MODEL ACTIVITY



MATERIALS:

Large bowl of cooked oatmeal

Nude nylon stocking

For a non-messy version, use the medium sized ball instead of oatmeal.



ABSORPTION ACTIVITY



MATERIALS:

- Plastic containers of water
- Food coloring
- Paper towel strips

DISCUSSION:

Our bodies can soak up almost 1 litre of water per hour in the tub through our skin!



**COLOR THE
LG. INTSETINE
BROWN**

**COLOR THE
SM. INTESTINE
YELLOW**



**COLOR
THE SMALL
INTESTINES
YELLOW AND
THE LARGE
INTESTINES
BROWN**

**DON'T FORGET
TO USE TOILET
PAPER AND
FLUSH!**