



Science Quest

Explore our body

Are you ready to challenge yourself with a Holiday Science Quest?

Earn 10 housepoints for your house by completing a challenge and bringing it into school after the half term holiday. This half term we will keep ourselves busy learning about the human body.

Year 3 and 4

Digestion- What happens to our food?

Let's explore the digestive system

What you need

• bowl	• banana	• tights
• a yogurt	• biscuit	• funnel
• 30ml water	• medium sealable bag	• 30ml of juice
• tray or bowl	• scissors	



Method

1. Put the biscuit and banana into a bowl and gently crush with a potato masher. (This represents the food being chewed.)
2. Pour the crushed food into an empty plastic bag and add the water. (The water represents saliva.)
3. Pour the orange juice into the bag. (This represents stomach acid.)
4. Seal the bag to prevent air from entering.
5. Squeeze the bag for about a minute, crushing the biscuits and banana further. (This represents the food breaking down further inside the stomach.)
6. Cut a small hole in one corner and carefully squeeze the mashed up food into the open leg of the tights. (The tights represent the small intestine)
7. Hold the tights over a tray or a bowl and gently squeeze the liquid out. (The liquid on the tray represents the nutrients the body absorbs and uses.)
8. Keep squeezing until no more liquid comes out.
9. The food left behind in the tights represents waste products that cannot be absorbed.
10. Cut a hole in the bottom of the tights and squeeze the contents out. (This is the poo!)