

The Digestive System: Making Poop



Materials:

- Banana (½ per group)
- Crackers and/or Instant Oatmeal (3-4 per group)
*dietary fibre
- Orange juice or vinegar (to represent stomach acid)
- Water
- Large zip-lock plastic bags
- 1 leg cut off a pair of tights/stockings (i.e., small intestine)
- Gloves – small size (1 pair per student) **Dollarama
- Scissors
- A tray or large bowl
- 1 paper cup with a 1-cm hole (i.e., large intestine); additional paper cup as a plunger

Steps for making poop:

1. Place the banana and crackers inside the Ziplock bag (“eat”). Slowly add a little bit of water (“saliva”).
2. Let all the air out and zip the bag shut. Then smash all the ingredients with your hands until no more clumps are present (“chew” your mix).
3. Squeeze the food into one end of the bag – it went from the mouth via the esophagus to the stomach. Add some acid to the mix (orange juice) and continue mashing it.
4. From the stomach, the snack needs to pass into the tights (small intestine). Tilt the bag up slightly and cut a small hole in one corner of the bag. (The corner you’re not tipping the mix toward!) Squeeze the contents of the bag into the cut-off tights while holding everything above the tray/bowl.
5. Squeeze the food through the tights. Keep squeezing to let the liquid run out. (Note that the water is actually absorbed in the large intestines!)
6. Eventually, cut the toe off the tights and squeeze the waste food out into the plastic/paper cup (“large intestine”). Make sure to cut a small (1-cm radius) hole in the bottom of the cup (“anus”).
7. Finally, push the waste food through the bottom of the cup onto the tray (“elimination”).