

Wednesday 27<sup>th</sup> January 2021

LI: To explore how the food we eat affects our digestive system

Watch this:

[Movie: Digestive System \(for Kids\) - Nemours KidsHealth](#)

More information if you need it.

[How Does the Digestive System Work for Kids | DK Find Out](#)

[The human digestive system | National Geographic Kids  
\(natgeokids.com\)](#)

What do you think happens when we eat food which is poisonous or going bad?

What happens to our body if we don't eat enough of some foods?

What happens if we eat too much food?

What do you think happens when we eat food which is poisonous or going bad?

We might be sick (vomit) and/or have the runs (diarrhoea). When you are sick the stomach pushes the bad food as quickly as possible back out of your stomach so that your body isn't harmed by the poison or bad food (it doesn't taste nice because of the acidic digestive juices). When you have diarrhoea, the large intestine hasn't absorbed as much water as normal (it isn't functioning normally).

What happens to our body if we don't eat enough of some foods?

A lack of Vitamin C from citrus fruits will cause scurvy where your teeth fall out!

A lack of Vitamin D causes rickets which means the bones are soft and weak. Typically you get bow legs.

We can make Vitamin D from cholesterol when we are exposed to enough sunlight.

A lack of iron can cause anaemia, goitre is caused by a lack of iodine, and night blindness is caused by a lack of Vitamin A.

What happens if we eat too much food?

We can become overweight which causes health problems.

## Activity

You are now going to become different parts of the digestive system.

Either roll a dice to choose a different part of the digestive system OR lay the pictures face down in a random order and turn over one at a time OR ask someone to call out the different parts for you.

Use your body to make the different movements for each part (as described below) and explain what each part does.

Movements or shapes:

Small intestine – lie in a long line

Large intestine – make a bridge shape

Stomach – stand still and make a bubbly movement to show the gases and acid working

Oesophagus – stand up straight and take 6 seconds to drop into a ball shape on the floor

Mouth – you come up with a movement