

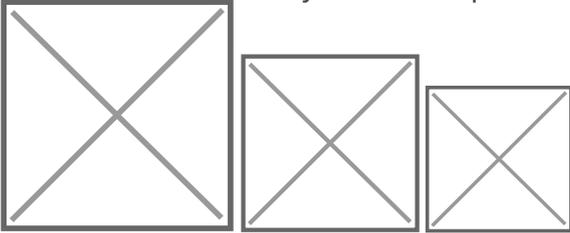
Digestion

Introduction

Watch a five-minute video, "[How the Digestive System Works](#)".

Activity 1

Learn how digestion works by squishing zip-loc baggies. Add a slice of bread and a slice of apple into each bag along with (1) nothing, (2) water, (3) vinegar, and (4) both water and vinegar. Squish each of the bags to try to break up the bread and apple into pulpy "poop".



Activity 2

Make a playdough digestive system.



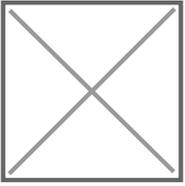
Lunch Snack

Design a healthy plate with half fruit and vegetables, quarter grains, and quarter protein.



Activity 3

Use fabric markers to draw a digestive system t-shirt, and then dress your anatomy model in it.



Activity 4

Return to the digestion baggies from earlier. The acid of the vinegar should now have had time to begin breaking down the apple slice.

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