



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Peanut butter and jelly ... doesn't that taste delicious? From the moment that sandwich enters your mouth, it begins an incredible journey through your digestive system. The following discussion questions and activities will help your students learn about the important work of the digestive system.

Related KidsHealth Links

Articles for Kids:

Digestive System (Movie)

KidsHealth.org/kid/closet/movies/how_the_body_works_interim.html

The Real Deal on the Digestive System

KidsHealth.org/kid/body/digest_noSW.html

Why Drinking Water Is the Way to Go

KidsHealth.org/kid/stay_healthy/food/water.html

Are Your Bowels Moving?

KidsHealth.org/kid/stay_healthy/body/bowel.html

What's Puke?

KidsHealth.org/kid/ill_injure/sick/puke.html

Indigestion

KidsHealth.org/kid/ill_injure/aches/indigestion.html

Belly Pain

KidsHealth.org/kid/ill_injure/aches/abdominal_pain.html

What's a Fart?

KidsHealth.org/kid/talk/yucky/fart.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

The digestive system allows your body to get the nutrients and energy it needs from the foods you eat. Discuss the types of things that are important to keep the digestive system in good working order. What sorts of foods and drinks should we make a part of our daily diets? What sorts of things should we avoid? Sometimes, when we get sick, one of the first places we will feel sick is in our digestive system. Discuss some of the symptoms you might have if a part of your digestive system (such as your stomach) were sick? What might you experience? What might be causing your illness?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

The Belly Dance

Objectives:

Students will:

- Demonstrate knowledge of how food moves through the digestive system and how nutrients are absorbed into the bloodstream
- Choreograph and perform a dance routine that illustrates the processes of the digestive system and how this system moves food through the body

Materials:

- Computer with Internet access
- Apple handout (available at: KidsHealth.org/classroom/3to5/body/systems/digestive_handout1.pdf)
- Art supplies (paints, markers, crayons)
- Music

Class Time:

40 minutes

Activity:

You have just been selected to perform with the Belly Dance Troupe. For your first performance, you must choreograph and perform a dance routine that shows audience members how food moves through the digestive system. Before you begin, you'll have to do a bit of research to find out what organs are part of the digestive system and how they work to move food through the body. Once your research is complete, you must decide who will play what parts: the teeth, tongue, esophagus, etc. You may need several dancers to play a single part. You should use the paper apples from the Apple handout as part of your dance routine, remembering that food changes as it moves through the digestive system. Your dance routine should be both entertaining and informative.

Extension:

Suppose that one part of the digestive system is not working properly due to illness. How might your dance routine, which illustrates food moving through a healthy system, change? How could you demonstrate this in your performance?



Digestion! The Board Game

Objectives:

Students will:

- Learn how the digestive system works
- Create and play a board game based on the digestive system

Materials:

- Computer with Internet access
- Index cards
- Poster board or construction paper
- Art supplies (paints, markers, crayons)
- Dice

Class Time:

2 hours

Activity:

You have just been hired by Burp Toys to design and create a board game called Digestion! As you design your game, think about different kinds of board games you have played and the various elements that they all have in common. Burp Toys has provided you with some general guidelines:

- The board should look like the digestive system and include all of the organs that are part of this system.
- The goal of Digestion! should be to move the game pieces from the mouth, through the digestive system, to the toilet.
- The game pieces should be shaped like different foods or drinks that the digestive system needs to stay healthy.
- Your game should have a stack of Digestion! cards that help players move forward and backward. To create these cards, think of things that either help or prevent food from moving through the digestive system.
- Your game should come with playing instructions.

Burp Toys will evaluate your game on how well it teaches players the organs of the digestive system, how food moves through it, and what things keep it healthy or can create illness.

Reproducible Materials

Handout: Apple

KidsHealth.org/classroom/3to5/body/systems/digestive_handout1.pdf



Apple

Instructions: Cut out the apple, color it, and use it in your dance routine with the Belly Dance Troupe.

