





# Human Body Systems Activity for Kids

## Human Digestion Model DIY

 Duration: **30-45 min**    Difficulty: **Easy**    Cost: **\$0 to \$5**

Model how the digestive system works to break down food!

### Material List

- 1** Soft foods like bread and bananas
- 1** Crunchy foods like chips and oatmeal
- 1** Large bowl
- 1** Pitcher of water
- 1** Bottle of orange juice
- 1** Stocking or large white sock
- 1** Plate
- 1** Blender
- 1** Pair of non-latex gloves

### Instructions

- 1** Using your hands, break up the foods in a bowl (this represents chewing).
- 2** Add water and keep mashing it with your hands (the water represents saliva).
- 3** Transfer the mixture to a blender and add orange juice (the juice represents stomach acid).
- 4** Blend it up for 10-20 seconds (this process represents your stomach).
- 5** Transfer the mixture to a stocking (the stocking represents your intestines).
- 6** Squeeze the stocking to release the juices (the liquid represents the nutrients your body uses).
- 7** Once all the liquid is gone, squeeze out the solids (this is what happens when you go to the bathroom...).

### How It Works

The human body must break down food into smaller pieces before it can be digested. The first step in this breakdown process happens in the mouth with chewing. Chewing helps break the food down into smaller pieces and saliva that is made in your mouth also helps break down food. Once in your stomach, the food is mixed with stomach acid. It then moves through the small and large intestine where nutrients are absorbed. Those nutrients go into your bloodstream, and are then sent to all the different human body systems to use!