



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

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 goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

As soon as your mouth starts watering for that delicious apple you're about to pop into your mouth, digestion has begun! Your digestive system works hard to give your body energy from the food you eat. These activities will help your students learn the parts of the digestive system and how they work together.

Related KidsHealth Links

Articles for Kids:

Your Digestive System

KidsHealth.org/en/kids/digestive-system.html

Movie: Digestive System

KidsHealth.org/en/kids/dsmovie.html

Word Find: Digestive System

KidsHealth.org/en/kids/bfs-dswordsearch.html

Are Your Bowels Moving?

KidsHealth.org/en/kids/bowel.html

Indigestion

KidsHealth.org/en/kids/indigestion.html

What's Spit?

KidsHealth.org/en/kids/spit.html

Why Do I Burp?

KidsHealth.org/en/kids/burp.html

What's Puke?

KidsHealth.org/en/kids/puke.html

What's a Fart?

KidsHealth.org/en/kids/fart.html

Go, Slow, and Whoa! A Kid's Guide to Eating Right

KidsHealth.org/en/kids/go-slow-whoa.html

Why Drinking Water Is the Way to Go

KidsHealth.org/en/kids/water.html

Discussion Questions

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

1. Why do we need to eat and drink?
2. How does our food move through our bodies? What body parts do we use to chew our food? Where does food go after we chew it?
3. What do our bodies get from the food we eat?
4. Have you ever had belly pain? How did you feel? What made you feel better?



Activities for Students

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

Go Fish for Fiber

Objectives:

Students will:

- Learn that fiber helps keep the digestive system healthy
- Discover which foods are good sources of fiber

Materials:

- "Go Fish for Fiber" handout
- Construction paper
- Glue
- Scissors

Class Time:

45 minutes

Activity:

Your digestive system has a hard job, breaking down all of the food you eat and supplying your body with nutrients and energy. Eating foods that have lots of fiber can make your digestive system work better. Today we're going to play a game to find out some foods that have lots of fiber.

First, you need to make the game cards. Take a look at the "Go Fish for Fiber" handout. You'll see a few pages of game cards that show different high-fiber foods. Glue each sheet to a piece of construction paper (so that you won't be able to see through the cards). Then cut out the cards. Now you're ready to play!

Shuffle the cards, and then deal five cards to a friend and five to yourself. Place the rest of the cards in a stack in between the two of you. Look at your cards. If you have any matches, put them down in front of you. If it's your turn, ask your friend if he or she has a card that would match one of the cards in your hand. ("Do you have an oatmeal?") If your friend has the card, he or she gives it to you and you put the matched pair in front of you. Then you can keep asking your friend for another card until he or she doesn't have the card you want. If that happens, your partner will say, "Go Fish for Fiber!" That means you have to draw a card from the stack. Then it's your friend's turn. Keep playing until there are no cards left in the deck.

Extension:

You can help your digestive system by choosing high-fiber foods when you can. Take a look at your cafeteria menu. Using a marker, circle foods that are high in fiber, like the ones on your "Go Fish for Fiber" cards. You can also make a poster to hang in your school cafeteria, reminding students to eat foods that are high in fiber.



Roll Through the Digestive System!

Objectives:

Students will:

- Explore the path food takes through the digestive system
- Learn about the parts of the digestive system

Materials:

- Playing pieces
- Dice
- "Roll Through the Digestive System!" handout

Class Time:

45 minutes

Activity:

Did you ever wonder what happens to that bite of apple after you swallow it? Now's your chance to find out! You can play a game with a friend to follow the trip that your food makes through your body. Take a look at the "Roll Through the Digestive System!" handout. The game board shows the parts of the digestive system that break down food to give you nutrients and energy. Before you start playing, you and a classmate need to choose playing pieces and place them on the start line. Take turns rolling the dice. After rolling, move that number of spaces. Follow the directions on the space where you land. The first player to travel all the way to the finish line is the winner!

Extension:

Sometimes your digestive system doesn't work like it should and you feel sick. Invite a gastroenterologist (a doctor who specializes in digestive problems) to your class. Ask him or her to talk about the parts of the digestive system and ways to keep your digestive system working well. After the visit, write a thank-you note to the doctor, including one new fact you learned about the digestive system.

Reproducible Materials

Handout: Go Fish for Fiber

KidsHealth.org/classroom/prekto2/body/systems/digestive_handout1.pdf

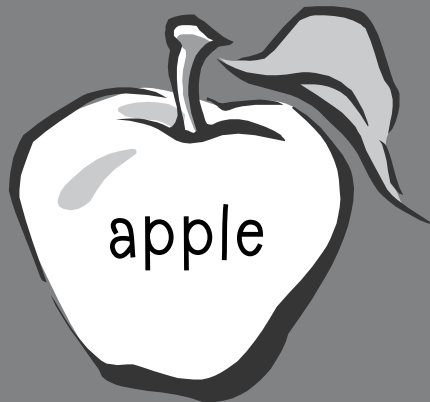
Handout: Roll Through the Digestive System!

KidsHealth.org/classroom/prekto2/body/systems/digestive_handout2.pdf

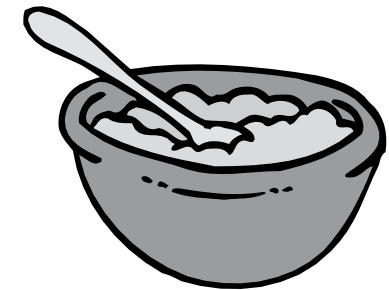


Go Fish for Fiber

Instructions: Glue each sheet to a piece of construction paper (so that you won't be able to see through the cards). Then cut out the cards. Shuffle the cards, and then deal five cards to a friend and five to yourself. Place the rest of the cards in a stack in between the two of you. Look at your cards. If you have any matches, put them down in front of you. If it's your turn, ask your friend if he or she has a card that would match one of the cards in your hand. ("Do you have an oatmeal?") If your friend has the card, he or she gives it to you and you put the matched pair in front of you. Then you can keep asking your friend for another card until he or she doesn't have the card you want. If that happens, your partner will say, "Go Fish for Fiber!" That means you have to draw a card from the stack. Then it's your friend's turn. Keep playing until there are no cards left in the deck.

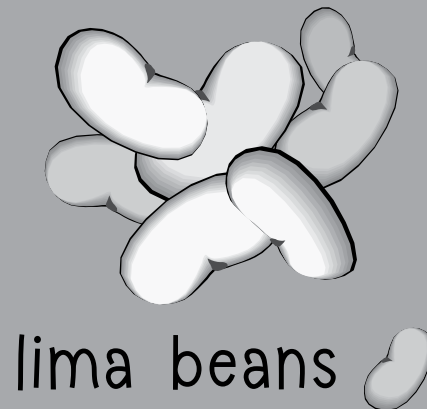
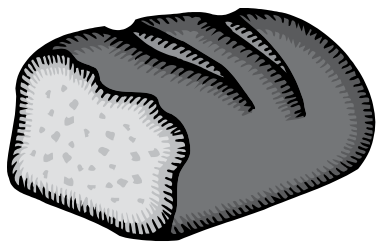


baked beans

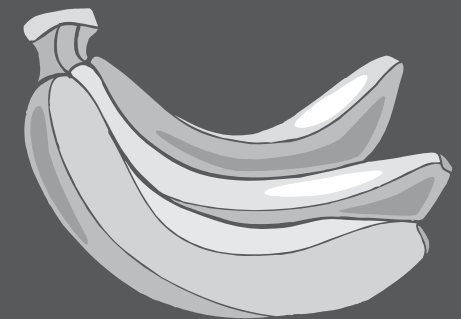
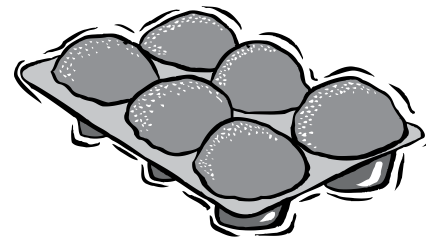


oatmeal

whole-grain
bread



bran muffins

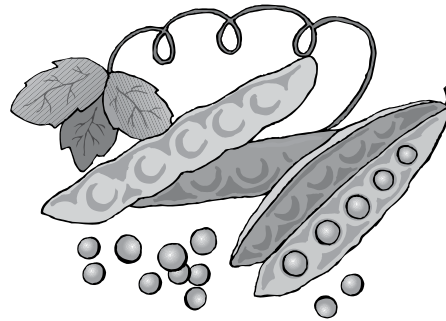
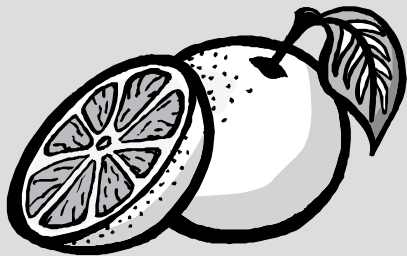


bananas



Go Fish for Fiber

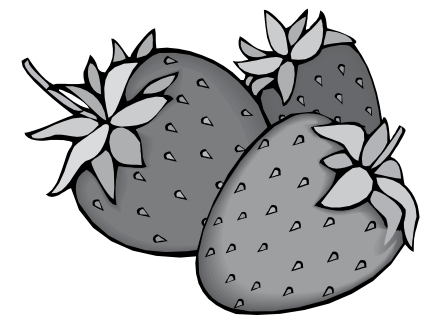
orange



peas



pear

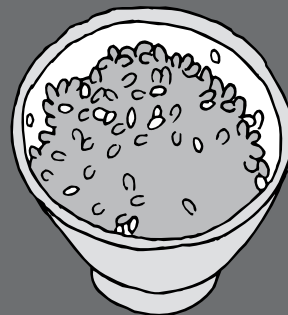


strawberries



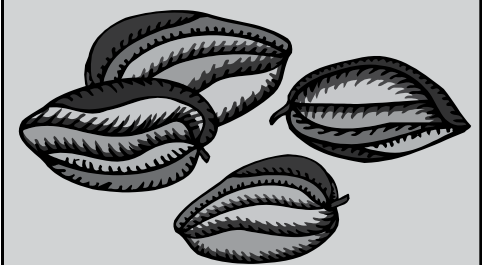
raspberries

brown rice



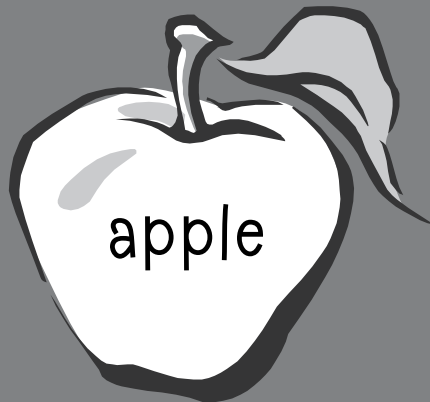
sweet
potatoes

prunes





Go Fish for Fiber

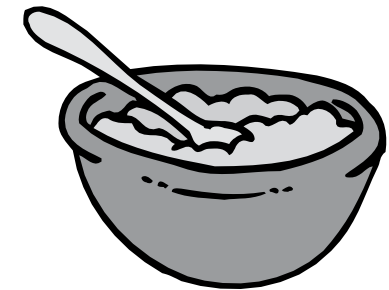


apple



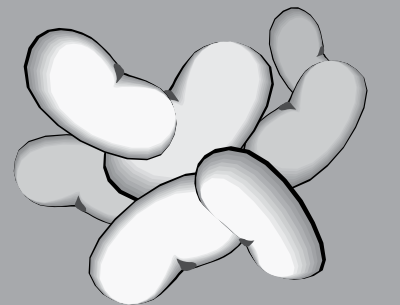
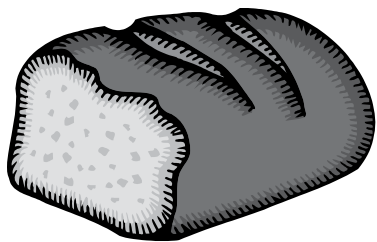
almonds

baked beans



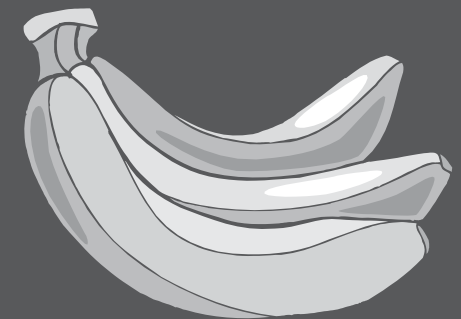
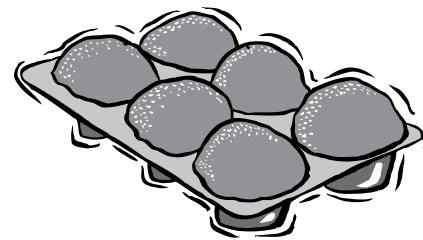
oatmeal

whole-grain
bread



lima beans

bran muffins

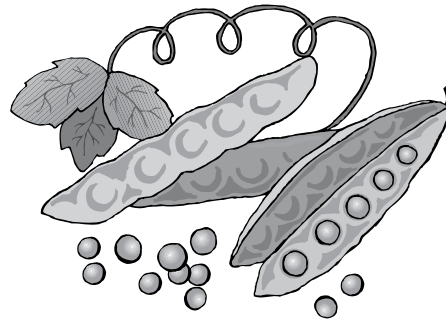
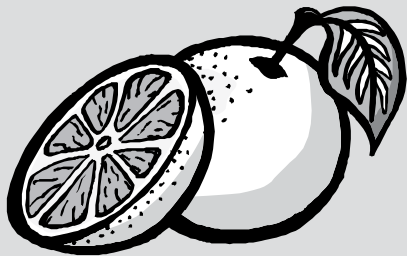


bananas



Go Fish for Fiber

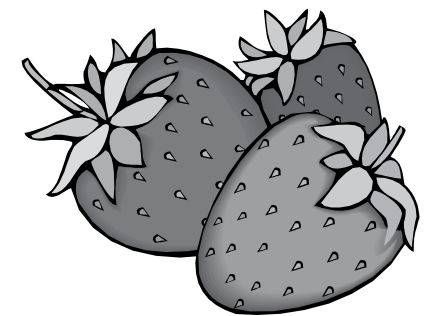
orange



peas



pear

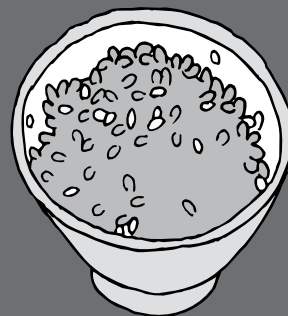


strawberries



raspberries

brown rice



sweet
potatoes

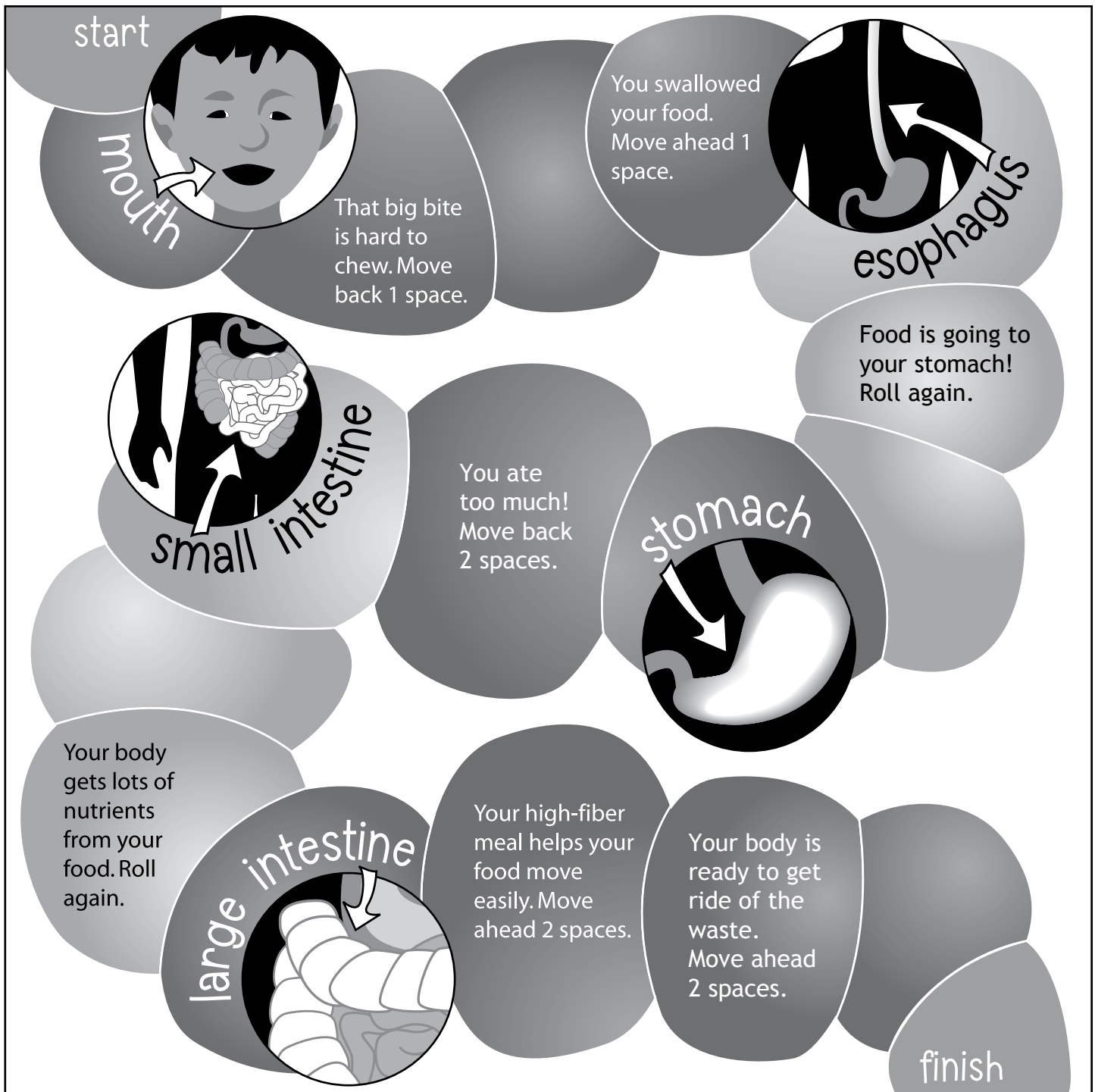
prunes





Roll Through the Digestive System!

Instructions: First, you and a classmate should choose playing pieces and place them on the start line. Take turns rolling the dice. After rolling, move that number of spaces. Follow the directions on the space where you land. The first player to travel all the way through the digestive system to the finish line is the winner!





Name: _____

Date: _____

Quiz

1. Which part of the body is not a part of the digestive system:
 - a) Stomach
 - b) Small intestine
 - c) Brain
 - d) Liver
 - e) Colon
2. When you chew, _____ in your mouth helps breaks down food by making it mushy and easy to swallow.
3. The long tube that takes food into your stomach is called the _____.
4. These liquids come from the walls of the stomach, help break down food, and kill germs that might be in the food you eat:
 - a) Esopha juices
 - b) Orange juices
 - c) Gastric juices
5. True or false: You can help your digestive system by drinking water and eating a healthy diet that includes foods that have a lot of fiber, like fruits, vegetables, and whole grains.



Quiz Answer Key

1. Which part of the body is not a part of the digestive system:
 - a) Stomach
 - b) Small intestine
 - c) Brain
 - d) Liver
 - e) Colon
2. When you chew, saliva or spit in your mouth helps break down food by making it mushy and easy to swallow.
3. The long tube that takes food into your stomach is called the esophagus.
4. These liquids come from the walls of the stomach, help break down food, and kill germs that might be in the food you eat:
 - a) Esophageal juices
 - b) Orange juices
 - c) Gastric juices
5. True or false: You can help your digestive system by drinking water and eating a healthy diet that includes foods that have a lot of fiber, like fruits, vegetables, and whole grains.