

## Lesson Plan: Digestive System

Subject: Biology/Human Anatomy

Age Group: 4-5th Grade

Supplies Needed:

- Banana
- Plastic Fork
- Napkins
- Toilet Paper Roll
- Ziploc Bags (small kind)
- Scissors
- Tape
- Water
- Bowl

Introduction:

- Ask the students what they think happens to food they eat after it is swallowed.
- Explain the process of digestion.

Instructions: (Demonstration)

- 1) First make the digestive system apparatus.
- 2) Do this by: connecting the toilet paper roll to a Ziploc bag that is cut at both ends to represent the esophagus and stomach respectively.
- 3) Cut more Ziploc bags on both sides and connect a few of them together with tape to represent the intestines.
- 4) Connect the first Ziploc bag to the multiple Ziploc bags that are taped together.
- 5) This will represent the digestive system as a whole.
- 6) Now, take half a banana and put it down the toilet paper roll, letting it slide down into the first Ziploc bag.
- 7) Hold both ends of the Ziploc bag and mash the banana to represent churning and mixing.
- 8) Now release one end of the Ziploc bag and squeeze the mashed banana into the series of Ziploc bags taped together.
- 9) Once the mashed banana has reached the end of the Ziploc bags, release the matter from the tip into a bowl.

Follow-up:

- Definition: a series of connected organs whose purpose is to break down, digest, the food we eat.
- Food is made up of tiny, tiny sugars and nucleotides.
- The purpose of these organs is so that the food can be broken down and absorbed into the bloodstream so that other parts of the body can get nutrients and energy to perform their functions.
- Example: eating fruit, eating potato chips