**Our digestive system experiment**

**How our bodies break down food.**

1. **Give each child a slice of bread.**
2. **Ask them to tear it into pieces (this is their teeth cutting up the food in their mouths).**
3. **Add water and stir (this is where the mouth adds spit).**
4. **Add more water (this is where the food gets to the stomach and stomach acid).**
5. **Ask them to mush it with their hands (stomach muscles mushing).**
6. **Pout onto a paper towel and roll up (this is what happens in the small intestine).**
7. **Watch how the water comes out (this is what goes into our bodies - nutrients).**
8. **Squeeze the paper towel (this is what the large intestine do).**
9. **Open to find the solid (end result - poop).**

