

# Biology Bricks: Activity

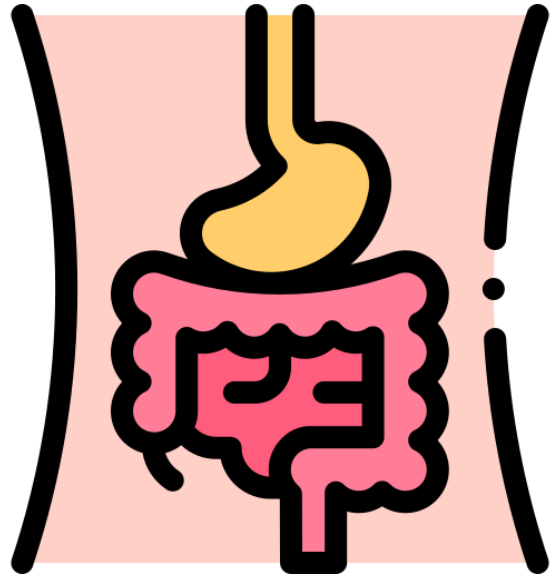
## Digestion

This activity is designed as a hands-on practical lesson or activity to teach children how digestion works with different materials.

See how your intestines work by placing items into the tights, and squeezing the tights to see how much comes through.

*You will need:*

- *A pair of tights*
- *Gloves (if you don't want to get dirty hands!)*
- *Dry foods – cereal, oats, bread*
- *Water*
- *Wet foods – cucumber, banana, orange*



## Instructions

1. Put the dry food into the tights.
2. Add water (or another suitable liquid, you could mimic coffee or tea – just don't do it while it's hot)
3. Squeeze the food down the tights to show what happens when you do.
4. Add more food to the tights. Each piece of food should be fairly small, so some cutting up might have to be done, depending on what foods you use.
5. Whatever food you place in the tights, when you squeeze, the tights should release some of the food. This would be the nutrients being released from the food in your intestines.