



[KidsHealth.org/classroom](http://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 interpersonal communication skills to enhance health and avoid or reduce health risks.

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

These activities will help your students learn about the important work of the digestive system.

## Related KidsHealth Links

### Articles for Kids:

#### Your Digestive System

[KidsHealth.org/en/kids/digestive-system.html](http://KidsHealth.org/en/kids/digestive-system.html)

#### Movie: Digestive System

[KidsHealth.org/en/kids/dsmovie.html](http://KidsHealth.org/en/kids/dsmovie.html)

#### Quiz: Digestive System

[KidsHealth.org/en/kids/dsquiz.html](http://KidsHealth.org/en/kids/dsquiz.html)

#### Activity: Digestive System

[KidsHealth.org/en/kids/bfs-dsactivity.html](http://KidsHealth.org/en/kids/bfs-dsactivity.html)

#### Word Find: Digestive System

[KidsHealth.org/en/kids/bfs-dswordsearch.html](http://KidsHealth.org/en/kids/bfs-dswordsearch.html)

#### Are Your Bowels Moving?

[KidsHealth.org/en/kids/bowel.html](http://KidsHealth.org/en/kids/bowel.html)

#### Indigestion

[KidsHealth.org/en/kids/indigestion.html](http://KidsHealth.org/en/kids/indigestion.html)

#### What's Spit?

[KidsHealth.org/en/kids/spit.html](http://KidsHealth.org/en/kids/spit.html)

#### Why Do I Burp?

[KidsHealth.org/en/kids/burp.html](http://KidsHealth.org/en/kids/burp.html)

#### What's Puke?

[KidsHealth.org/en/kids/puke.html](http://KidsHealth.org/en/kids/puke.html)

#### What's a Fart?

[KidsHealth.org/en/kids/fart.html](http://KidsHealth.org/en/kids/fart.html)

## Discussion Questions

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

1. The digestive system helps your bodies gets nutrients and the energy it needs from the foods and drinks you consume. What kinds of foods and drinks help us stay healthy? Are there some kinds of foods and drinks we should avoid?
2. How can you tell if an illness or other problem might be affecting your digestive system?



## Activities for Students

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

### Digestive Dance

#### Objectives:

Students will:

- Demonstrate learn about how food moves through the digestive system
- Work together to choreograph and perform a dance routine that illustrates how food moves through the digestive system

#### Materials:

- Computer with Internet access
- "Digestive Dance" handout
- Art supplies (paints, markers, crayons)
- Music

#### Class Time:

45 minutes

#### Activity:

To perform the Digestive Dance, you have to work in small groups to choreograph (or plan out) and do a dance routine that shows an audience how food moves through the digestive system. First, you'll have to do some research at KidsHealth.org to learn which organs are part of the digestive system and how they work to move food through the body. Then you have to decide who will play what parts: the teeth, tongue, esophagus, stomach, etc. You may need several dancers to play a single part. You can use paper apples from the "Digestive Dance" handout as part of your dance routine, remembering that food changes as it moves through the digestive system.

#### Extension:

Show a video of the best dances during a school assembly.



## Let's Digest! Board Game

### Objectives:

Students will:

- Learn how the digestive system works
- Create and play a board game based on the digestive system

### Materials:

- Computer with Internet access
- Index cards
- Poster board or construction paper
- Art supplies (paints, markers, crayons)
- Dice

### Class Time:

2 to 3 hours

### Activity:

Today, we're going to design and create a board game called Let's Digest! As you design your game, think about the board games you have played and some of the elements they have in common. Here are some general guidelines:

- The board should look like the digestive system and include the organs that are part of the digestive system.
- The goal of Let's Digest! should be to move the game pieces from the mouth, through the digestive system, to the toilet. First player to be flushed wins!
- Game pieces should be shaped like healthy foods and drinks.
- The game should have a stack of Let's Digest! cards that help players move forward and backward. To create these cards, think of things that happen during digestion.
- Make a list of simple, clear instructions for your game.

## Reproducible Materials

### Handout: Digestive Dance

[KidsHealth.org/classroom/3to5/body/systems/digestive\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/body/systems/digestive_handout1.pdf)



## Digestive Dance

Instructions: Color the apple, cut it out, and use it in the Digestive Dance.

