



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.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 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.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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

You look at the clock and notice it's lunchtime. Just thinking about food makes you salivate. Believe it or not, your digestive system is already at work! These activities will help your students learn all about the digestive system and how it functions.

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

Quiz: Digestive System

KidsHealth.org/en/kids/dsquiz.html

Activity: Digestive System

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

Articles for Teens:

Digestive System

TeensHealth.org/en/teens/digestive-system.html

Mouth and Teeth

TeensHealth.org/en/teens/mouth-teeth.html

Fiber

TeensHealth.org/en/teens/fiber.html

MyPlate Food Guide

TeensHealth.org/en/teens/myplate.html

Discussion Questions

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

1. We don't usually think about food after we've eaten it. What happens to it? How does the body digest it? Name the parts of the digestive system and describe how they work together to supply the body with nutrients and energy.
2. How does eating a diet rich in fiber and drinking plenty of water help maintain a healthy digestive tract?



Activities for Students

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

Food Processor

Objectives:

Students will:

- Explore the various parts of the digestive system
- Learn the role that each part of the digestive system plays
- Discover how the various parts work together to digest food

Materials:

- Computer with Internet access
- Pen or pencil and paper, or word processing program

Class Time:

1½ hours

Activity:

You just finished your favorite meal and now you have some schoolwork to do. But even though your brain is no longer thinking about food, your digestive system is just getting down to business.

Using the KidsHealth.org articles, write an essay explaining how your favorite food goes through the digestive system. Be sure to write about what organs the food passes through, what each part of the digestive system does, and how the parts work together to digest food.

Extension:

Create a map of the digestive system that shows how your favorite food passes through the digestive process. Clearly label the parts of the system and briefly mention their functions.



Expert! Expert!

Objectives:

Students will:

- Learn about health problems related to the digestive system

Materials:

- Computer with Internet access
- Pen or pencil and paper, word processing program, or presentation software

Class Time:

2 hours

Activity:

When it's functioning properly, the digestive system helps the body get the nutrients and energy it needs. But problems can occur in the digestive system. Read the KidsHealth.org article on the digestive system and the articles below, or search for others, and select one problem related to the digestive system. Research as much information as you can about it, then write a report or create a presentation explaining what the problem is, where and why it occurs, what it does to the digestive system, and what can be done to prevent and/or treat it.

For kids:

Belly Pain
KidsHealth.org/en/kids/abdominal-pain.html

Indigestion
KidsHealth.org/en/kids/indigestion.html

Constipation
KidsHealth.org/en/kids/constipation.html

Lactose Intolerance
KidsHealth.org/en/kids/lactose.html

Irritable Bowel Syndrome
KidsHealth.org/en/kids/ibs.html

Inflammatory Bowel Disease
KidsHealth.org/en/kids/ibd.html

For teens:

Stomachaches
TeensHealth.org/en/teens/stomachaches.html

Gastrointestinal Infections and Diarrhea
TeensHealth.org/en/teens/diarrhea.html

Indigestion
TeensHealth.org/en/teens/indigestion.html

Constipation
TeensHealth.org/en/teens/constipation.html

Irritable Bowel Syndrome
TeensHealth.org/en/teens/ibs.html

Inflammatory Bowel Disease
TeensHealth.org/en/teens/ibd.html

Reproducible Materials

Quiz: The Digestive System
KidsHealth.org/classroom/6to8/body/systems/digestive_quiz.pdf

Answer Key: The Digestive System
KidsHealth.org/classroom/6to8/body/systems/digestive_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. _____ begins the process of breaking down food and makes food moist so it's easier to swallow.
2. True or false: Heartburn occurs when stomach acid moves into the heart.
3. Gastric juices help break down food in the _____.
4. The _____ intestine is where digestion continues so nutrients can be absorbed into the body.

5. List two possible causes of diarrhea.

6. The _____ protects us from choking by covering the windpipe so food goes down the esophagus.
7. The _____ intestine absorbs water from undigested food and forms waste into poop.

8. List two ways to prevent constipation.

9. What is produced by the liver and helps the body absorb fats?
 - a. bolus
 - b. appendix
 - c. bile
 - d. colon

10. List three ways to avoid indigestion.



Quiz Answer Key

1. Saliva begins the process of breaking down food and makes food moist so it's easier to swallow.
2. True or **(false)** Heartburn occurs when stomach acid moves into the heart.
Heartburn occurs when stomach acid moves up into the esophagus.
3. Gastric juices help break down food in the stomach.
4. The small intestine is where digestion continues so nutrients can be absorbed into the body.
5. List two possible causes of diarrhea.
Any two of the following: germs (viruses or bacteria), stress, lactose intolerance, celiac disease, inflammatory bowel disease, irritable bowel syndrome, Crohn's disease.
6. The epiglottis protects us from choking by covering the windpipe so food goes down the esophagus.
7. The large intestine absorbs water from undigested food and forms waste into poop.
8. List two ways to prevent constipation.
Any two of the following: eating food with lots of fiber, drinking plenty of water, exercising regularly.
9. What is produced by the liver and helps the body absorb fats?
 - a. bolus
 - b. appendix
 - (c.)** bile
 - d. colon
10. List three ways to avoid indigestion.
Any three of the following: avoid fatty foods, eat slowly, don't overeat, reduce stress, don't smoke or drink alcohol, allow food to digest before doing a lot of physical exercise.