Gut race challenge

**Aim**
Learn about the digestive system, and what happens to food from first bite, and as it passes through the body.

Discover how long an adult human gut actually is and try to see how quickly you can pass the fruit through the life-size model.

**Numbers**
Children: 3

Staff/helpers: 1

**What is needed?**

**Borrowed materials**
Life-size model of the human gut, foam apples, laminated posters of the digestive process.

**Self-sourced**
Stopwatch/timer, wipe-board/pen & paper.

**Setting up**
Ensure there is enough space to lay out the gut, either on tables or on the floor.

**Step-by-step instructions**
1. Talk about the process of digestion using the posters provided.
2. Ask the child to choose a foam apple and see how long it takes them to pass it through the human gut.
3. Record the time on the leader board.

2 children could look at the posters in more detail whilst 1 child tries to quickly pass the fruit through the gut.

**Clearing up**
Pack away all the borrowed materials carefully – roll up the gut rather than folding it. Keep a record of the times taken, if required.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you.
What to return?
Please return any materials listed under ‘borrowed materials’. Please use the box/bag in which you received it. Arrange for a delivery date by phoning: 01223 748681.

Risk assessment
Additional risk assessment might be needed to cover local circumstances and environment. Please contact your (school) representative if in doubt.

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<thead>
<tr>
<th>Number</th>
<th>Risk</th>
<th>Control element</th>
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<tbody>
<tr>
<td>1</td>
<td>Trip hazard</td>
<td>Ensure adequate space around the gut to avoid potential trips if it is placed on the floor.</td>
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<tr>
<td>2</td>
<td>Choking hazard</td>
<td>Inform children that foam apples are not edible &amp; that they shouldn’t try to pull pieces off them to put in their mouth.</td>
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