

Objective

By the end of this lesson, Mason will understand the basic components and functions of the human digestive system. He will be able to identify the major organs involved in digestion and explain how food is processed in the body.

Materials and Prep

- Paper and colored pencils or markers
- A timer or stopwatch
- A large bowl of water
- A handful of crackers or bread
- Access to a computer or tablet for research (optional)

Before the lesson, make sure to research the major organs of the digestive system and their functions. Understand how the process of digestion works from ingestion to excretion.

Activities

- **Digestive System Diagram:** Mason can create a colorful diagram of the digestive system. He should label each organ, such as the mouth, esophagus, stomach, small intestine, large intestine, and anus. This will help him visualize where food goes in the body.
- **Cracker Experiment:** Using the bowl of water, Mason can simulate the process of digestion. He can break the crackers into smaller pieces and place them in the water to represent how food breaks down in the stomach. He can time how long it takes for the crackers to dissolve and discuss what happens during digestion.
- **Digestive Journey Story:** Mason can write a short story from the perspective of a piece of food traveling through the digestive system. He can describe what happens at each stage, making it fun and imaginative!

Talking Points

- "The digestive system is like a long tube that helps us break down food into energy!"
- "Can you name the major organs in the digestive system? They include the mouth, esophagus, stomach, small intestine, and large intestine!"
- "What do you think happens to food in your mouth? That's where digestion starts with chewing and saliva!"
- "The stomach is like a blender! It mixes food with acids to break it down further!"
- "After the stomach, food moves to the small intestine where most of the nutrients are absorbed. It's like a sponge soaking up water!"
- "Finally, what happens to the leftovers? They go to the large intestine and are eventually excreted. It's like taking out the trash!"