

## CLASSROOM ACTIVITIES

### STAGE ONE LESSON THREE



#### Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
- **MA1-GM-02** measures, records, compares and estimates lengths and distances using uniform informal units, as well as metres and centimetres
- **ST1-5LW-T** identifies how plants and animals are used for food and fibre products



#### Resources and Preparation

##### Resources

##### Video (V)

- Video 7 - [Show younger children why eating their fruit and veg is good](#)

##### Worksheets (WS) and Powerpoints (PTT)

- Worksheet 6 - Digestion board game
- Worksheet 7 - What happens in the body?
- [PowerPoint 1 - What happens in the body?](#)
- Teacher Information Document (TID)

##### Materials

- Classroom poster
- Dice (1 per group)
- Rulers (1 per group)
- Pencils
- Paper
- Drawing materials

##### Preparation

##### Prior to lesson

- Print out WS6 (1 per group) and tape

## What happens in the body?

Through playing a board game, students learn about the basics of what happens in your body when you eat your fruits and vegetables. Students learn about how/why the body takes vitamins, fibre and energy from fruits and vegetables.

#### Introduction (15 mins)

Show students PPT1 about digestion. Discuss with the students (i.e Why do we need to eat fruits and vegetables? How does our food move through our bodies? What body parts do we use for 'digestion'? What do our bodies get from the food we eat?). Option to watch V7 for more in-depth information on some specific nutrients.

#### Activity (30 mins)

1. Divide the class into groups of 4-5.
2. On WS7, all students complete the graphic. At the same time, assign one student to complete Week 3 on the classroom poster.
3. Each group will then play the 'Fruit & Veg Digestion' game (WS6). They can draw their favourite fruit or vegetable to use as their pawn for the board game. They read the instructions of the space they land on after rolling the dice.

#### Conclusion (10 mins)

Back as a whole class, ask who can explain again how fruit and vegetables move through their body and what their body uses them for. Ask students to consider what would happen if they didn't eat any fruit or vegetables and have a discussion about their thoughts and opinions.

#### Assessment

- For:** Students are involved in discussion/brainstorm about digestion and energy.
- As:** Students successfully play the digestion board game.
- Of:** Students understand the concepts of digestion and energy.

#### Differentiation

- Extend:** Aside from energy, the concept of vitamins and minerals can be further discussed and explored with the students.
- Simplify:** Play the game with the whole class.

#### School/Home Link

Students can identify all the fruits and vegetables they ate in one day, and then how they used the energy from those on that day.

#### Duration | 55 minutes



# Digestion board game

Print the next 4 pages and cut and paste them together to create one big board game.

WORKSHEET 6







ENERGY!!!!





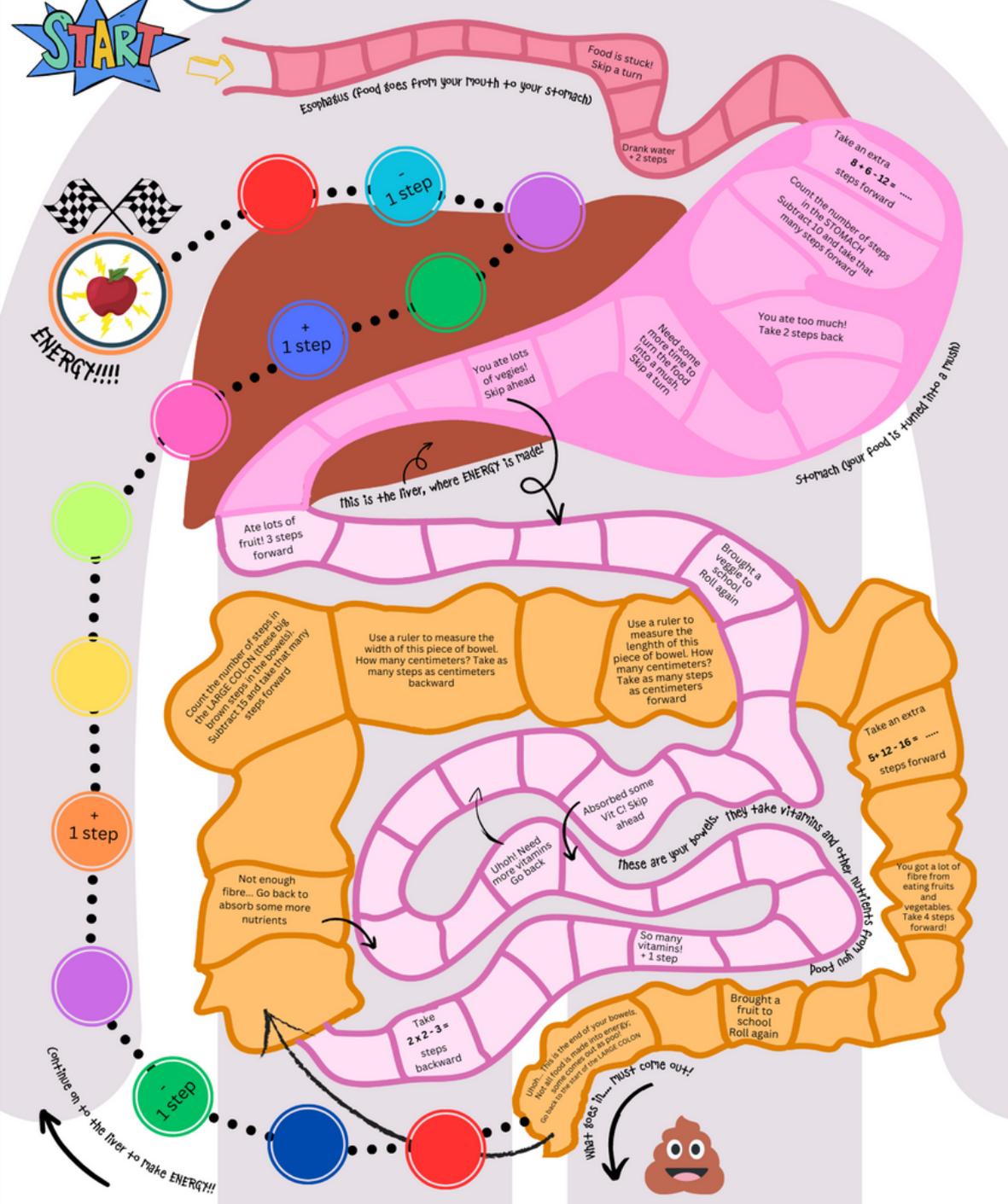




## Digestion board game

### How to play

Create your own fruit or vegetable pawn to play with: take a very small piece of paper (that will fit on the steps of the game) and draw your favourite fruit or vegetable.  
 Start the game! Roll the dice and move along the digestion system. Follow the instructions when you land on a step with text. Once you have followed the instructions, that's the end of your turn. Do NOT follow instructions on the step you land on again.  
 First to the ENERGY finish wins!



**Esophagus (Food goes from your mouth to your stomach)**

- Food is stuck! Skip a turn
- Drank water + 2 steps

**Stomach (your food is turned into a mush)**

- Take an extra  $8 + 6 - 12 = \dots$  steps forward
- Count the number of steps in the STOMACH. Subtract 10 and take that many steps forward
- You ate too much! Take 2 steps back
- Need some more time to get the food into a mush. Skip a turn

**Liver (This is the liver, where ENERGY is made!)**

- Ate lots of fruit! 3 steps forward
- You ate lots of veges! Skip ahead

**Small Intestine (these are your bowels - they take vitamins and other nutrients)**

- Brought a veggie to school. Roll again
- Use a ruler to measure the length of this piece of bowel. How many centimeters? Take as many steps as centimeters forward
- Use a ruler to measure the width of this piece of bowel. How many centimeters? Take as many steps as centimeters backward
- Absorbed some Vit C! Skip ahead
- these are your bowels - they take vitamins and other nutrients
- You got a lot of fibre from eating fruits and vegetables. Take 4 steps forward!
- So many vitamins! + 1 step
- poop! Roll again
- Uh-oh! Not at the end of your bowels. Not all food is made into energy. Not all food is made out as poop. Go back to the start of the large colon
- Uh-oh! Need more vitamins. Go back
- Uh-oh! Need more vitamins. Go back
- Not enough fibre... Go back to absorb some more nutrients
- Take  $2 \times 2 - 3 =$  steps backward
- Brought a fruit to school. Roll again
- What goes in... must come out!

**Large Intestine (The Large COLON (these big brown steps in the bowels. Subtract 12 and take that many steps forward))**

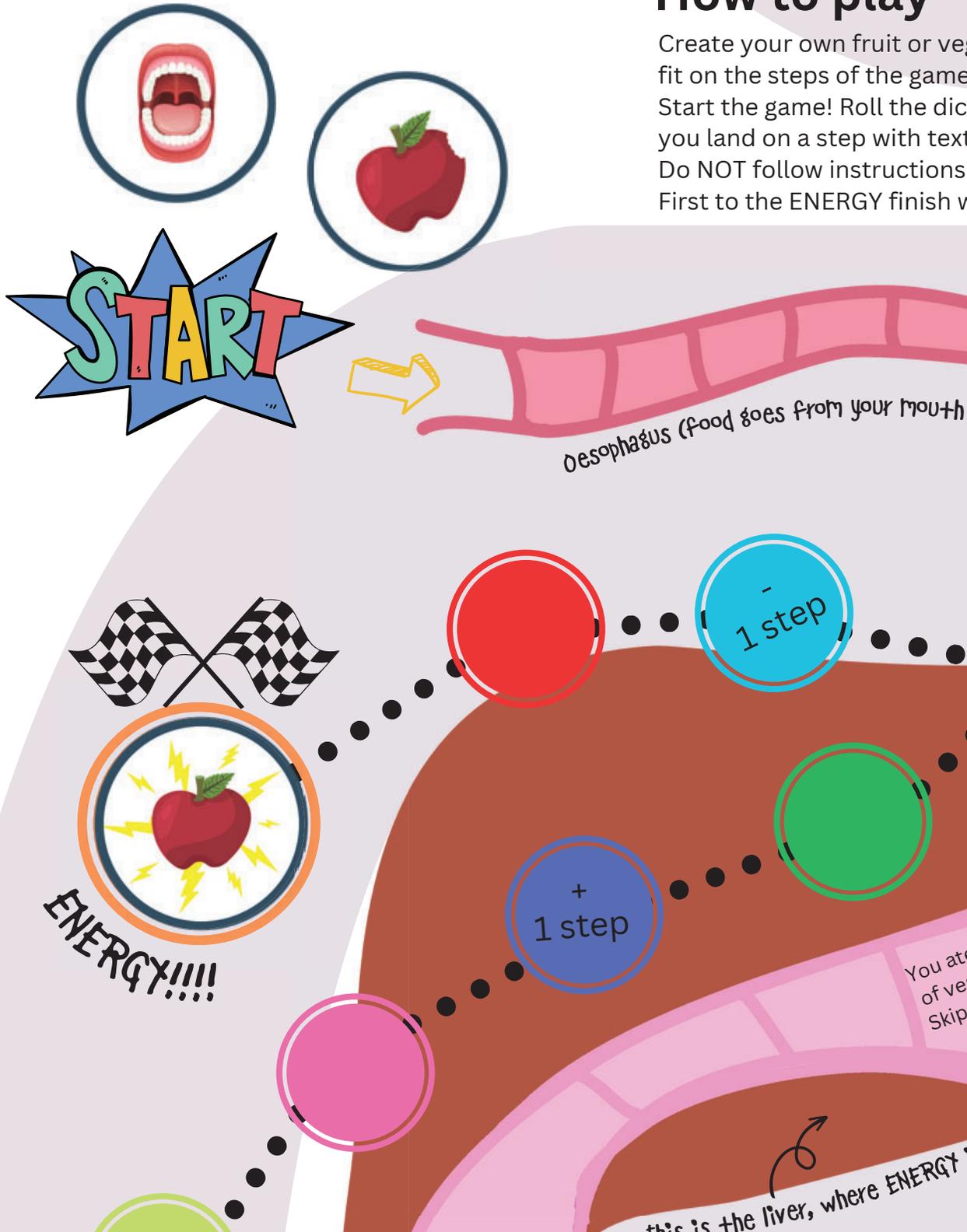
- Count the number of steps in the Large COLON (these big brown steps in the bowels. Subtract 12 and take that many steps forward)
- + 1 step
- 1 step
- Contribute on to the liver to make ENERGY!

# WORKSHEET 6

# Digestion

## How to play

Create your own fruit or vegetable  
fit on the steps of the game  
Start the game! Roll the dice  
you land on a step with text  
Do NOT follow instructions  
First to the ENERGY finish v



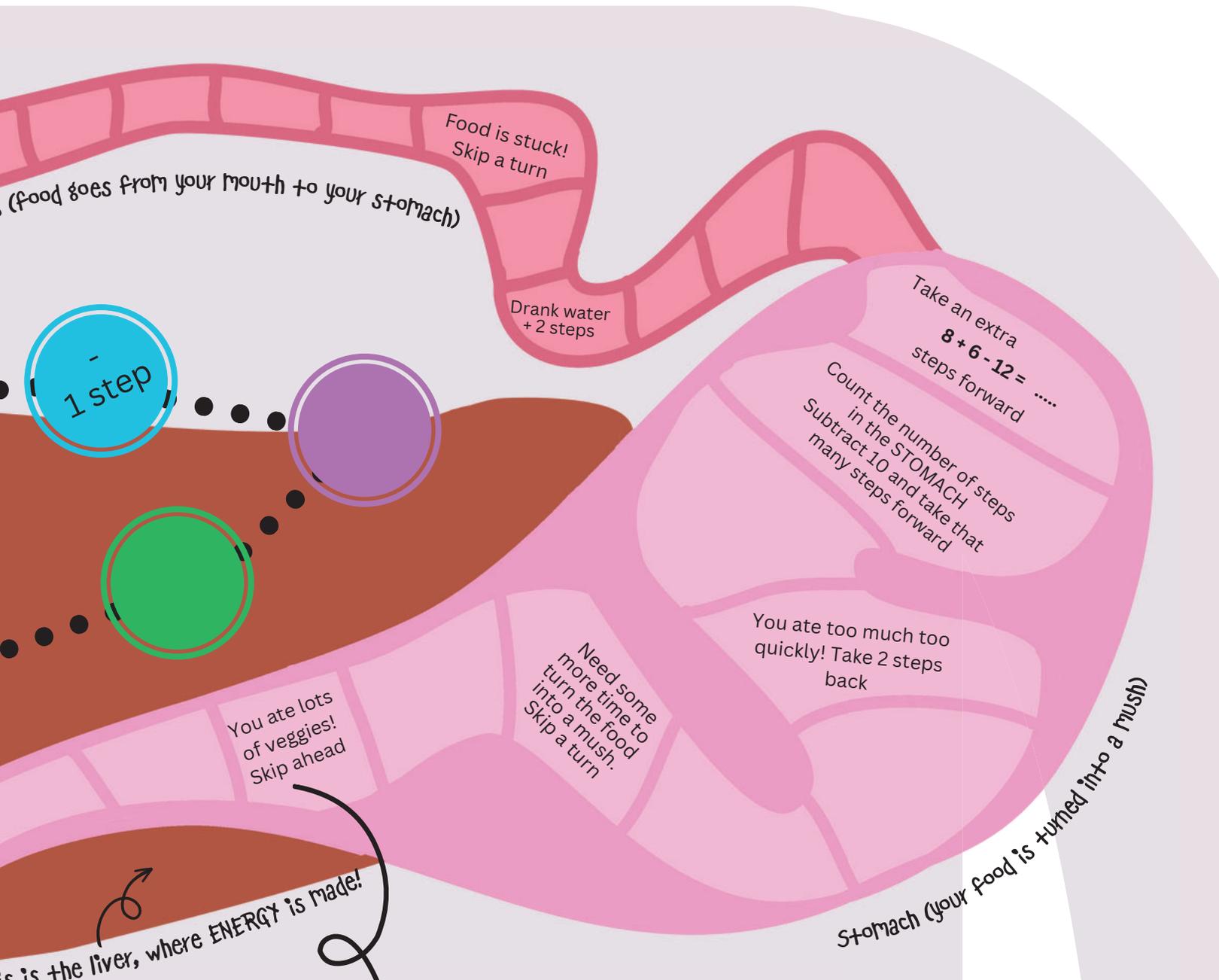
# Digestion board game

## How to play

Create your own fruit or vegetable pawn to play with: take a very small piece of paper (that will fit on the steps of the game) and draw your favourite fruit or vegetable.

Start the game! Roll the dice and move along the digestion system. Follow the instructions when you land on a step with text. Once you have followed the instructions, that's the end of your turn. Do NOT follow instructions on the step you land on again.

First to the ENERGY finish wins!



ENERGY!!!!

You ate  
of ve  
Skip

this is the liver, where ENERGY

Ate lots of fruit! 3 steps forward

Count the number of steps in the LARGE COLON (these big brown steps in the bowels). Subtract 15 and take that many steps forward

Use a ruler to measure the width of this piece of bowel. How many centimeters? Take as many steps as centimeters backward

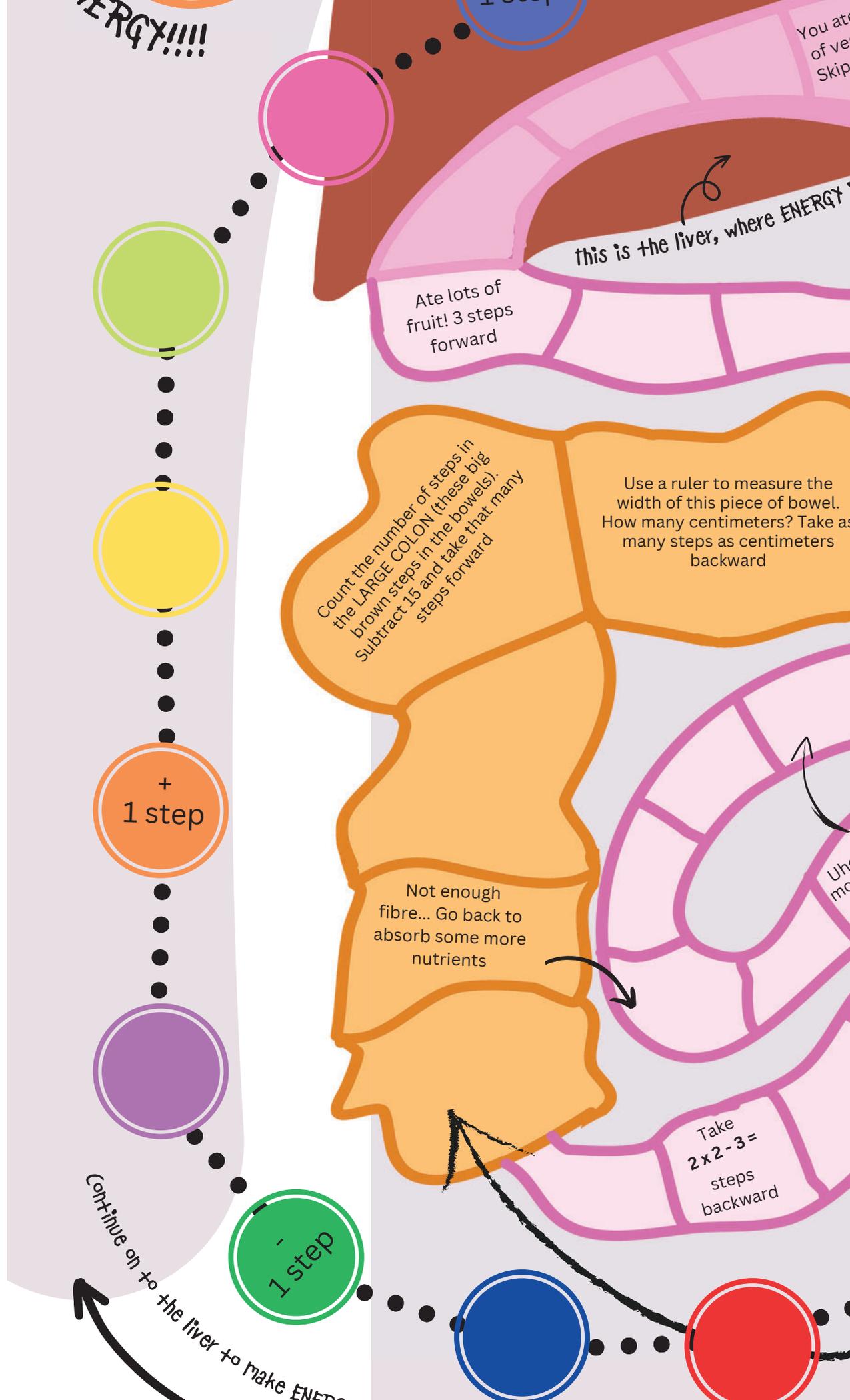
+ 1 step

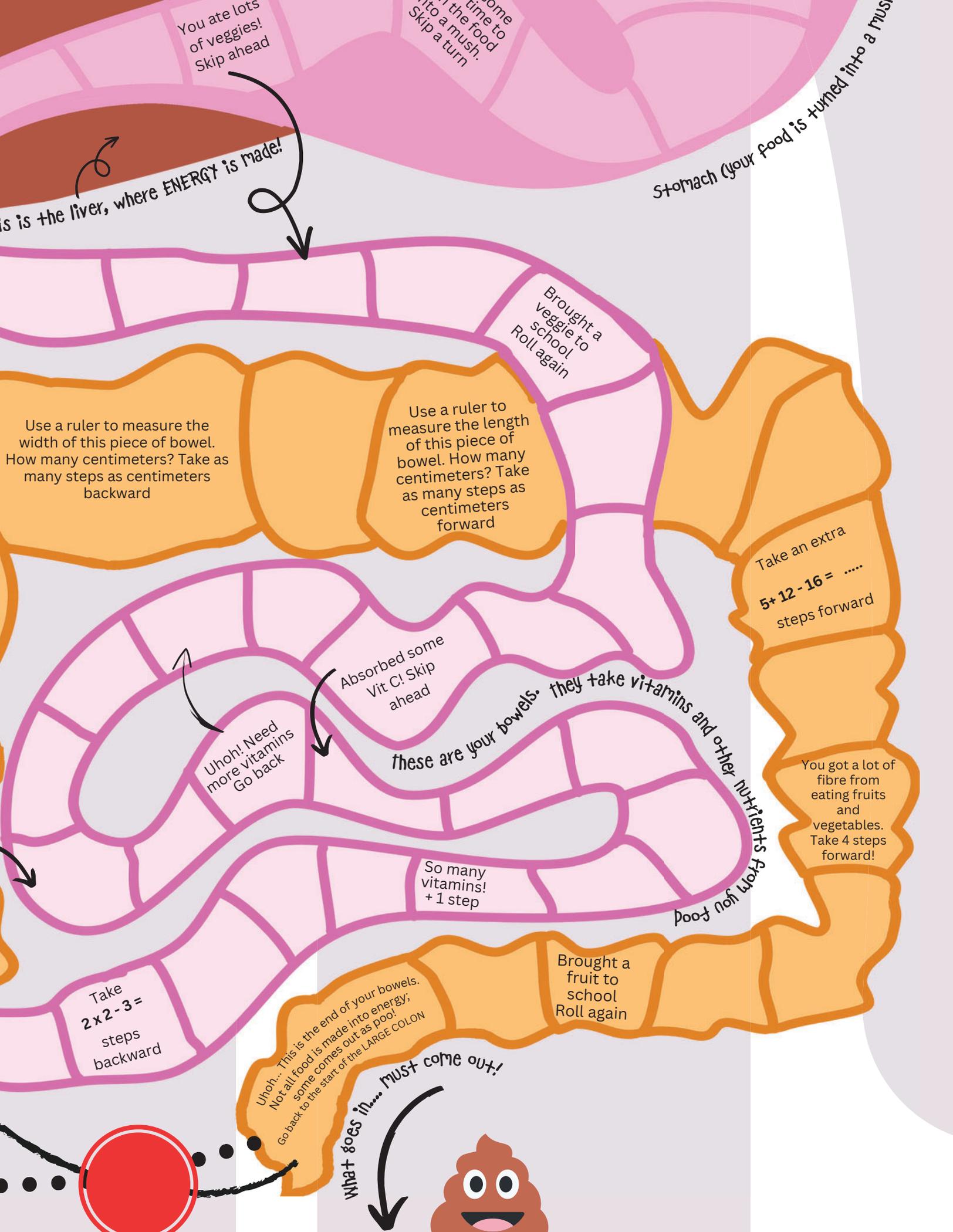
Not enough fibre... Go back to absorb some more nutrients

Take  $2 \times 2 - 3 =$  steps backward

- 1 step

Continue on to the liver to make ENERGY





You ate lots of veggies! Skip ahead

It's time to turn the food into a mush. Skip a turn

Stomach (your food is turned into a mush)

This is the liver, where ENERGY is made!

Brought a veggie to school! Roll again

Use a ruler to measure the width of this piece of bowel. How many centimeters? Take as many steps as centimeters backward

Use a ruler to measure the length of this piece of bowel. How many centimeters? Take as many steps as centimeters forward

Take an extra  $5 + 12 - 16 = \dots$  steps forward

Absorbed some Vit C! Skip ahead

Uhoh! Need more vitamins Go back

these are your bowels. they take vitamins and other nutrients from your food

You got a lot of fibre from eating fruits and vegetables. Take 4 steps forward!

So many vitamins! +1 step

Take  $2 \times 2 - 3 =$  steps backward

Brought a fruit to school Roll again

Uhoh.. This is the end of your bowels. Not all food is made into energy; some comes out as poo! Go back to the start of the LARGE COLON

What goes in... must come out!



Complete the text below and draw a line to the body part.

Words to use: energy teeth bowels stomach vitamins.

Your ..... chomp  
your fruit/veg  
into small pieces



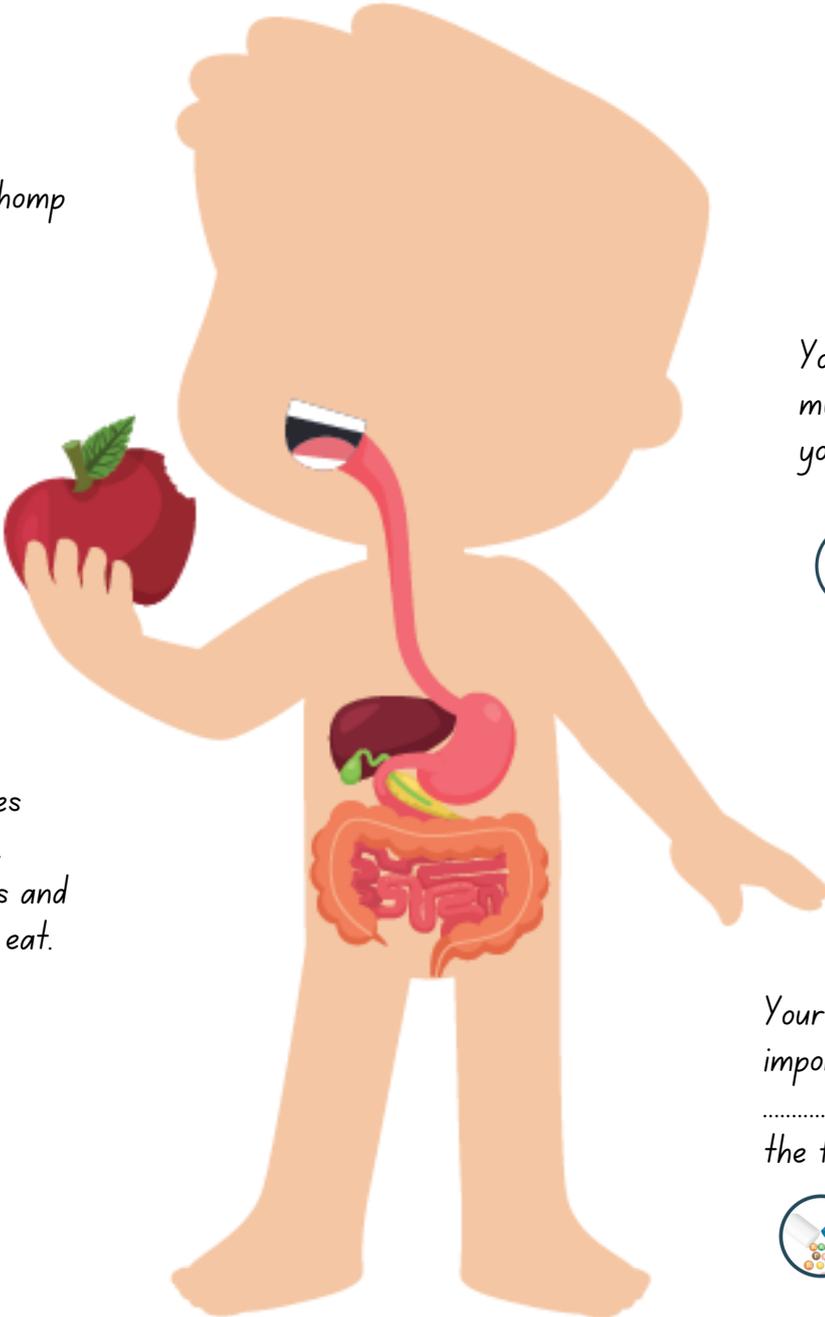
Your ..... makes a  
mush that can go into  
your bowels



Your liver makes  
.....  
from the fruits and  
vegetables you eat.



Your ..... take  
important  
..... from  
the fruit/veg mush



What is your favourite fruit or vegetable? What do you like to do with the energy you get from eating it?

.....

.....

.....

.....