

DIGESTION ACTIVITY

Step by Step Stomach Drawing

When drawing out the stomach it can look any way you want it to look. This is just an example that you can use to draw one if you want. The step by step instructions that complement the video can be found below this step by step drawing of the stomach

Step 1

With the Ziploc bag and sharpie begin near the top of the bag and draw a curved line towards the bottom of the bag. The line doesn't need to extend to the very bottom of the bag.



Step 2

Starting from the bottom of the line just drawn start to draw a line moving towards the left of the Ziploc bag.



This picture on the right is just showing what the drawing is going to look like on the next page just so that you know how far to the left to draw the line.

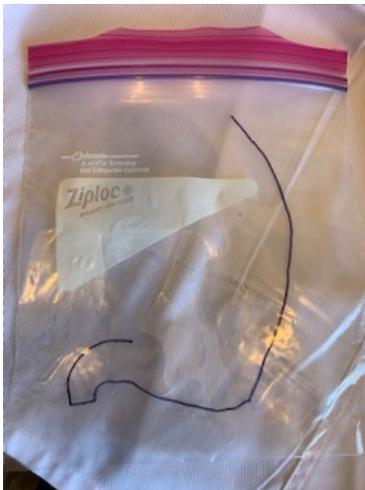
Step 3

From the end of this second line draw a little upwards bump and then a small little line coming out from the bottom of the bump you just drew.



Step 4

Now starting from the end of the line you just finished drawing draw a curved line that looks like a hook and stop the line when you reach the middle of the bag.



Step 5

Now draw a curved line that curves in towards the middle of the bag and then back out as you move up towards the top of the bag. Once you are towards the top of the bag draw a little line that moves towards the right of the bag.



Step 6

Finally, draw a tiny line that moves down and then draw the line coming back up and connect it with the top of the very first line that you drew.



Step by Step instructions that follow along with the video:

Step 1

Before beginning this fun little activity gather up these supplies

- 1 – Ziploc Bag
- 1 – Sharpie (can be any color)
- 2 – Saltine Crackers
- 1 – Small container with 3 tablespoons of water in it



Step 2

Place your 2 saltine crackers into your “stomach” (the Ziploc bag with the stomach drawn on it)
Once the crackers are inside be sure to zip up the Ziploc bag!



Step 3

Now is the fun part where you will crush up the crackers! (The broken up crackers inside this bag are representing food inside our body.)

Now that the crackers are broken up have your water ready for the next part.



Step 4

In this step the water that we are adding is acting like the stomach acid that is inside our stomach that helps break down food into a mushy wet mass. We also have muscles inside our stomach that help move the food around so that all of our food can be mashed and crushed up ready to move onto the next part of its journey which are the intestines!



In the end, this is what our broken up and digested crackers will look like! You have now done exactly what your stomach does every time you eat food! Isn't that awesome!

Take a picture of your digested crackers and post it to Instagram or Facebook or email it to marketing@rvu.edu with the hashtag #RVUSUFallHealthFair to be entered into the prize drawings!