

Burps, Bottoms and Bile

Imaginative Learning project for Year 4, 2025



Open wide—let's take a look inside. We're on a voyage of discovery to investigate the busy world inside your body. Do you have a toothy grin or a winning smile? Take dental impressions and test the effects of sugary substances on your pearly whites. Follow a tasty morsel as it makes its way through your digestive system, helped by some mouthwatering saliva. And don't forget the importance of good hygiene at both ends. And whilst we're talking business, could you recognise an animal just by its poo? Are you brave enough to take the challenge? Make a working model of the digestive system and use it to persuade others to eat healthily. Learn how to look after this marvellous belching, squelching, mixture making machine we call our body.

Science Focus

- Humans need to absorb proteins, carbohydrates, fats, vitamins and minerals from their food to keep healthy and have enough energy to live and work.
- The job of the digestive system is to break down food so it can be absorbed and used by the body.
- The digestive system is directed affected by food and lifestyle. It is important to have a healthy digestive system to maintain good general health and wellbeing
- Eating a balanced diet and drinking plenty of water will keep food moving through the digestive system
- Fibre or roughage in our diet is crucial to healthy digestion. Fibre is found in fruit and vegetables, wholewheat breakfast cereals, granary bread and pulses such as beans or lentils
- Humans have two sets of teeth over their lifetime. The first set of 20 teeth are called milk teeth. These start to come through when babies are around six months old
- Adults have 32 permanent teeth. There are four different types of teeth, which are shaped according to the job they do: premolars, molars, canines and incisors
- Millions of bacteria live in a healthy mouth

Key Vocabulary

Abdomen: the lower part of an animal or human's body where the stomach and intestines are located

Amylase: an enzyme in saliva that helps break down starch in food into sugars

Blood vessel: a vein, artery or capillary that carries blood around the body

Colon: a part of the large intestine

Denture: a set of false teeth

Digestive system: the parts of the body that are responsible for digesting food such as the stomach, oesophagus and intestines

Enzyme: a chemical substance in the body that causes changes to happen eg enzymes in saliva break down food at the start of digestion

Oesophagus: a tube that transports food from the mouth to the stomach

Homework Projects

- ◆ Research healthy eating online or using information books. Write four reasons why it is important to eat healthily. Think about the impact that food has on digestion and the human body
- ◆ Draw a diagram showing the main parts and organs of the human digestive system, including the mouth, oesophagus, stomach, small intestine and large intestine. Use your existing knowledge, the internet or information books to help you label each part
- ◆ Research and record the functions of the oesophagus, stomach, small intestine and large intestine
- ◆ One way in which a person can stay healthy is to take care of their personal hygiene. Write a list of actions that people can do to keep themselves clean and preserve health. Find out why the aspects of personal hygiene that you have listed are important