

EXPLORE THE DIGESTIVE SYSTEM

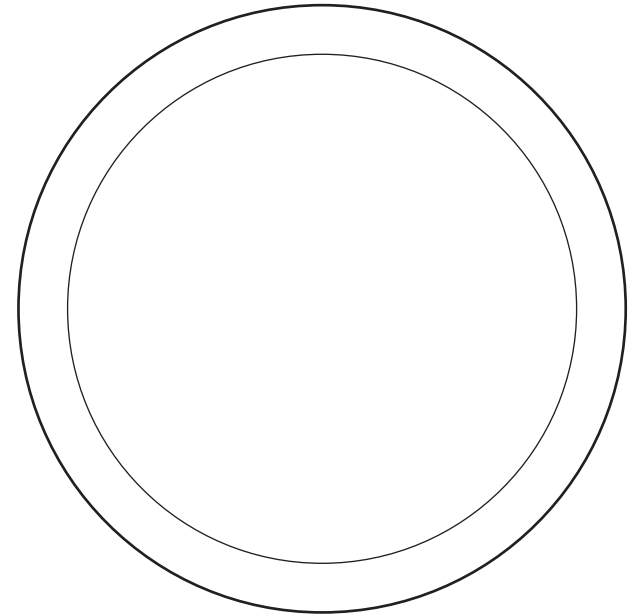
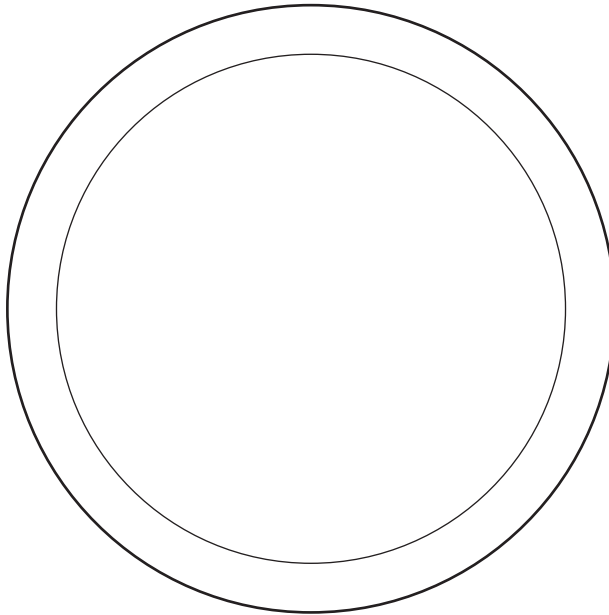
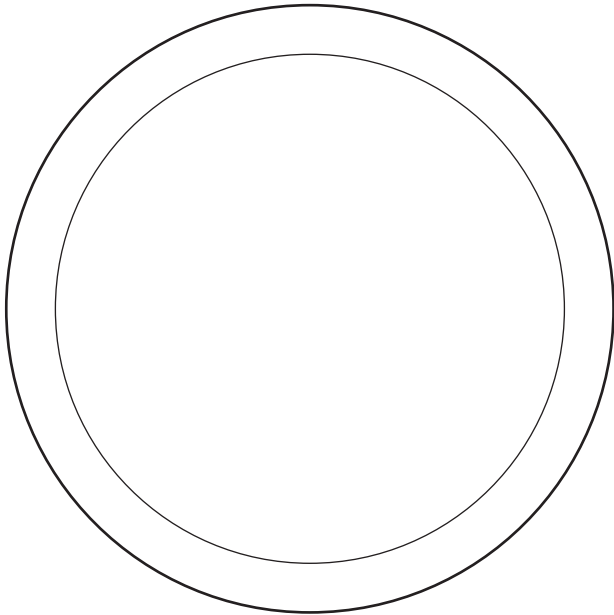
DATE / /

Keep track of everything you eat for a day. Take note of what your food looks like before you eat it. How do different foods compare before and after digestion? How long does it take food to make it all the way through the digestive system? Write or draw your meals. Record how they made you feel. Clock the times you used the restroom.

BREAKFAST

LUNCH

DINNER



made me feel: 😊

made me feel: 😊

made me feel: 😊

BATHROOM BREAKS ___:___ ___:___ ___:___ ___:___ ___:___ ___:___ ___:___ ___:___

Ask a parent to take a picture and share!
#tinybop



THE
HUMAN BODY