

Are you eating what you eat?

On a paper outline of a person, draw what you think happens to food after it enters a person's mouth.

For this activity, you will need a pair of old tights, some breakfast cereal, water, two large bowls and a large spoon.

We can explore what happens to food after we swallow it by observing how mashed up cereal moves through the leg of some tights!

Explore, Observe, Record

- 1) Cut off one leg from a pair of tights. Cut a small hole at the 'toe' end of this tight leg. Place this in one of the bowls.
- 2) In a second bowl, mix in breakfast cereal with some water (it should not be too runny). Mix and mash this together with the spoon (this is like food being broken down into smaller parts in the mouth and stomach).
- 3) With the spoon, place the mashed food into the larger end of the tight leg. Holding it in the second bowl, push the food through the tight leg, all the way to and out of the hole in the toe.
- 4) Observe and record what is happening to the food. What is the food like that comes out of the end of the toe hole? Where else does any of the food go and why?

Why is food important to humans?



We can't answer this question with science alone – we will need science AND religion, AND other ways of knowing!

Chemists can say from their observations that that a human body has... enough iron to make a metal nail and enough carbon to make several thousand pencils. And we get these amazing materials (and more) from the food we eat!

But if I eat an apple, am I 'apple'?

Why might some people choose not to eat certain types of food?

What makes me 'me'?

Why might the food you eat be affected by where you live?



People may gather together with others of the same religion to share food. People share bread and wine on **Shabbat** in many Jewish communities, and **Mass** or **Eucharist** in many Christian communities, and **Prashad** in many Sikh communities.

People may choose, as part of their faith, to fast (not eat for a period of time) at certain times of the year.

Science helps us to understand why we need food to grow and change.



What are Big Questions and what types of questions can science answer?

We ask Big Questions when we wonder what it is like to be a person. Science can help to answer smaller questions, but we need science and other ways of knowing to help us to address Big Questions.

Could a robot love strawberry ice cream?

Is there more to being 'me' than being made of materials?

