



Quick Science Puke and Poop



It may be gross, but it is important to know about how your digestive system works. It is important to know things about pooping and puking.

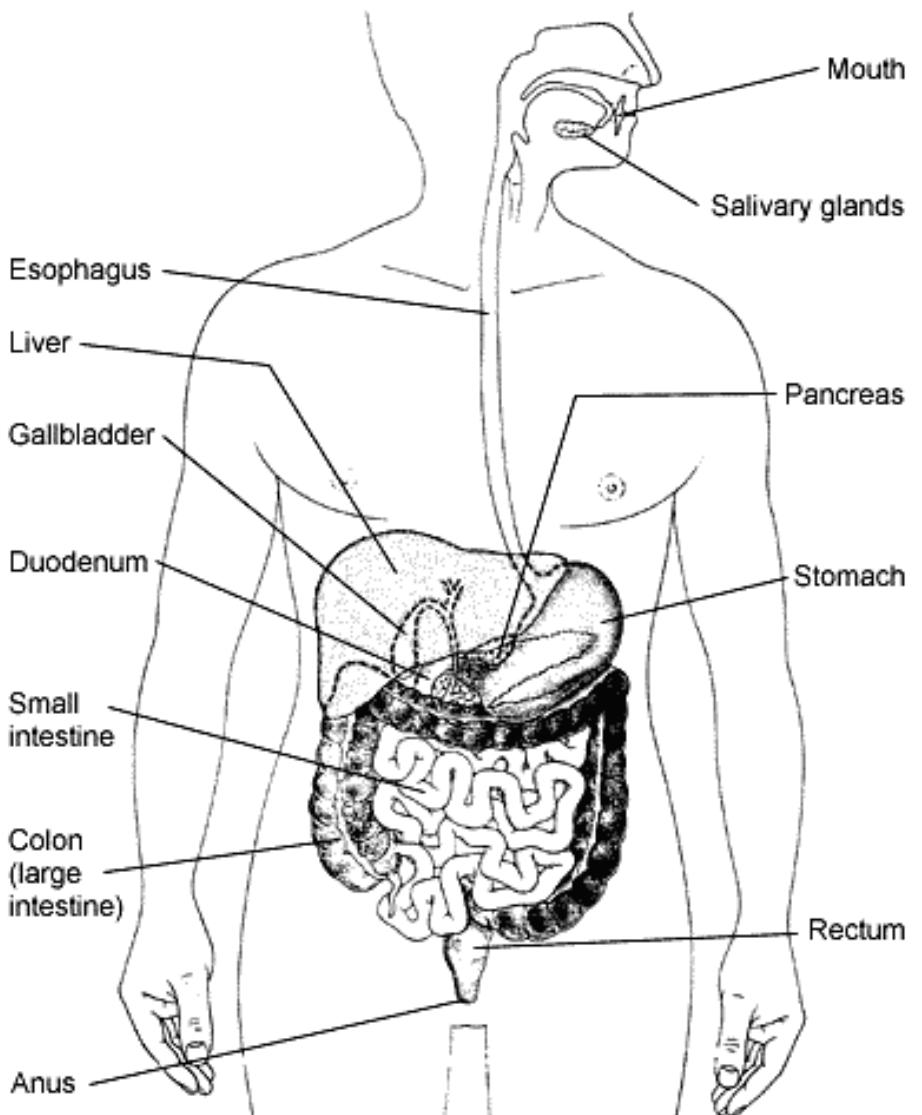
Let's begin by looking at some of the major the parts of the digestive system.

Mouth-digestion begins here by physically chewing food and chemically breaking it down with salivary enzymes

Esophagus-a tube that leads into your stomach, food is squeezed down this tube with the help of slimy, mucus covered walls

Stomach-food is broken into smaller pieces and bacteria is killed by the strong acid in the stomach

Digestive System



Small intestine-breaks down food with the help of digestive juices from the pancreas, liver, and gall bladder and absorbs nutrients to send into the bloodstream for the body to use

Liver-acts like a large filter to take poisons out of the blood and transform them into harmless chemicals; also produces bile which is stored in the gall bladder; cleans the blood of wastes, such as dead red blood cells

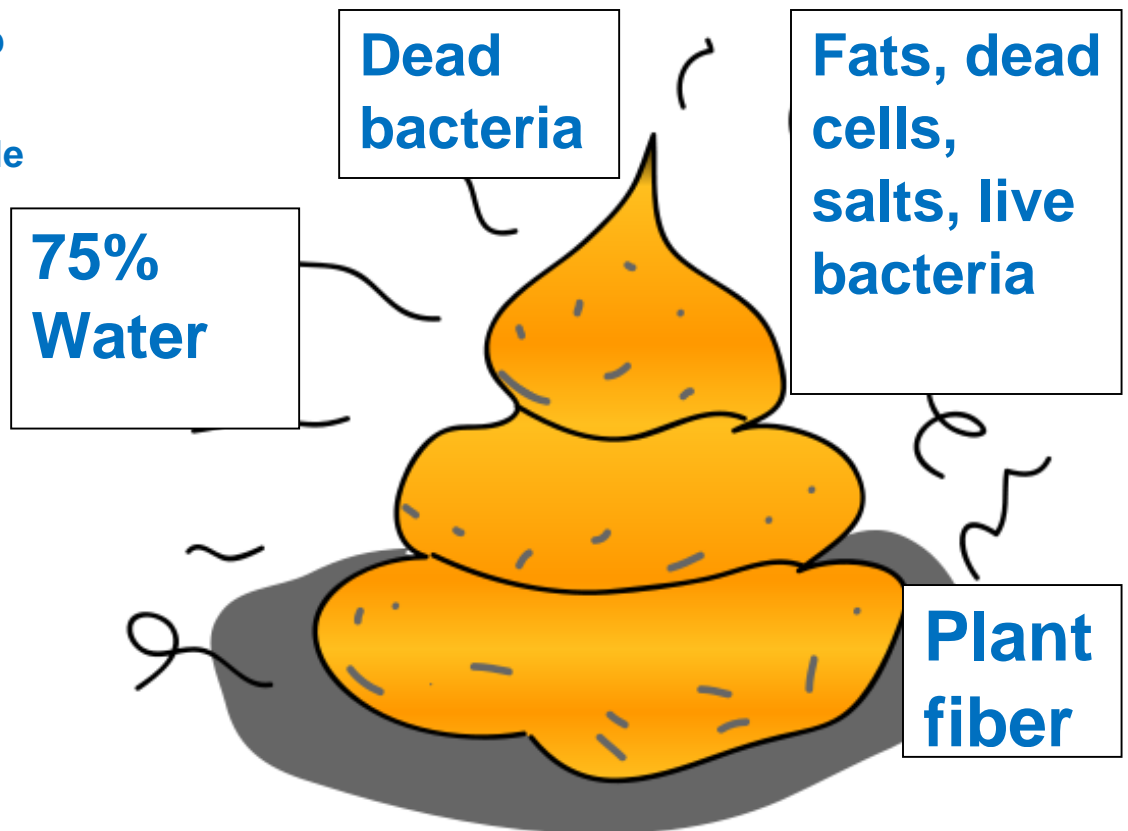
Large intestine-last stop in the body to remove extra water, vitamins, and minerals before the food is removed through the anus; this is where the food turns into feces, which are mushy waste foods

Rectum-a hang-out for feces until they are released through a hole called the **Anus**

So, what's in your feces?

Why is poop brown?

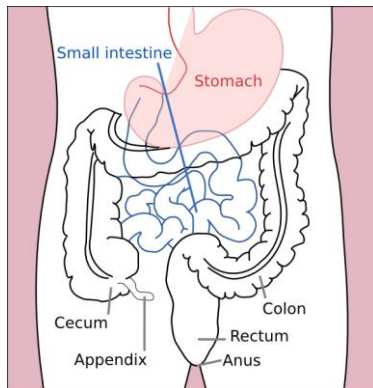
The extra bile makes it brown.



Now, on to puke. Or vomit. Or barf.

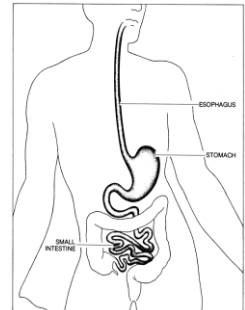


If you puke, it is because your body wants to get rid of what is in the stomach. The food may be poisonous with germs that the gastric juices (stomach acids) do not kill, you may get sick from driving in a car or on a boat, you may have an allergy to a certain food, there are many reasons that you may puke.



Have you ever had the hiccups? There is a muscle in your chest, called the diaphragm, which separates the chest cavity from the abdominal cavity. When this muscle begins to twitch, or spasm, you get the hiccups. It is also the diaphragm that pushes on your stomach to force your stomach to throw its contents back up and out your mouth.

There are little doors, called valves, or sphincters, which are only supposed to allow food to move in one direction. If you are puking, the food is moving in a direction it is not supposed to go. There will be a bad taste and smell to the vomit because the stomach acids and partially digested food are coming out of the stomach and going where they normally should not be-in the esophagus and mouth.



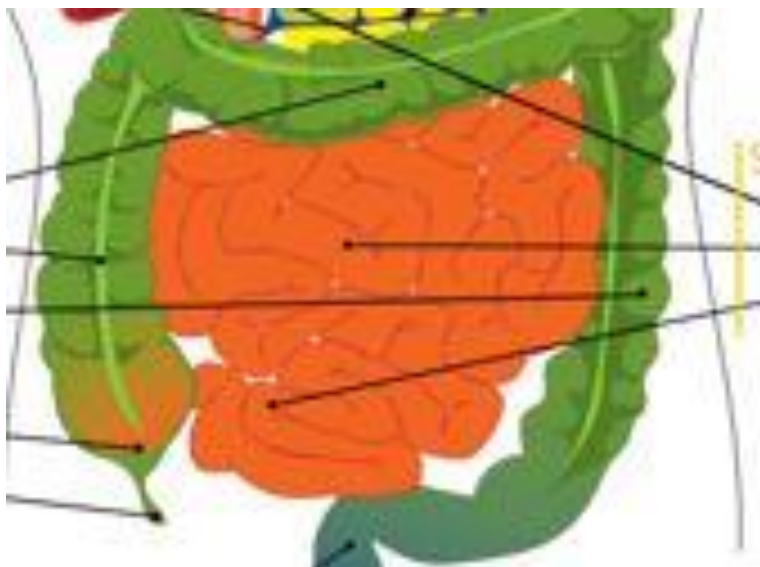
Sources:

Royston, A. (2003). *Why do I vomit?* Chicago, Illinois: Heinemann Library.

Silverstein, A, Silverstein, V., and Nunn, L.S. (2011). *Snot, poop, vomit, and more. The yucky book.* Berkeley Heights, NJ: Enslow Publishers

Cut out the pieces of the digestive system and tape, or glue, them together. Then glue the entire system on a piece of construction paper and label the parts using the word bank.

Pharynx	Esophagus	Transverse colon	Appendix
Oral cavity	Liver	Ascending colon	Rectum
Uvula	Stomach	Descending colon	Anus
Tongue	Gall bladder	Small intestine	
Salivary glands	Pancreas	Duodenum	
Parotid	Pancreatic duct	Jejunum	
Sublingual	Common bile duct	Ileum	
Submandibular	Colon	Cecum	



Answer Key for Digestive Puzzle

Digestive System

