

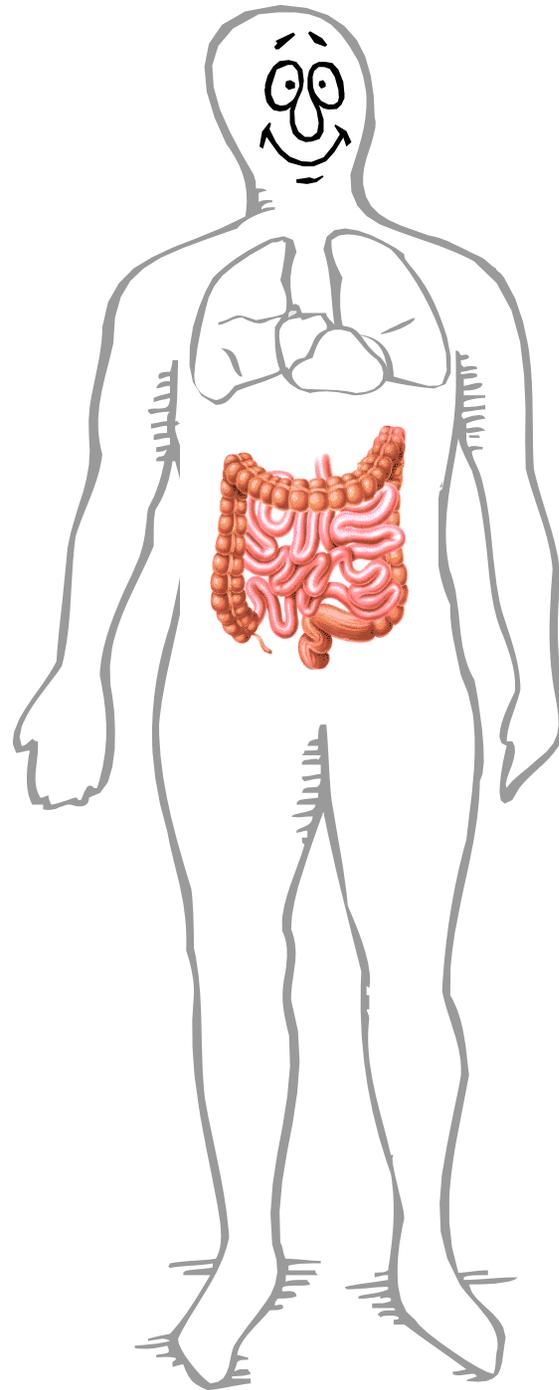
Station 5 – Small Intestine

Start Here

Welcome to the small intestine! Please sit down.

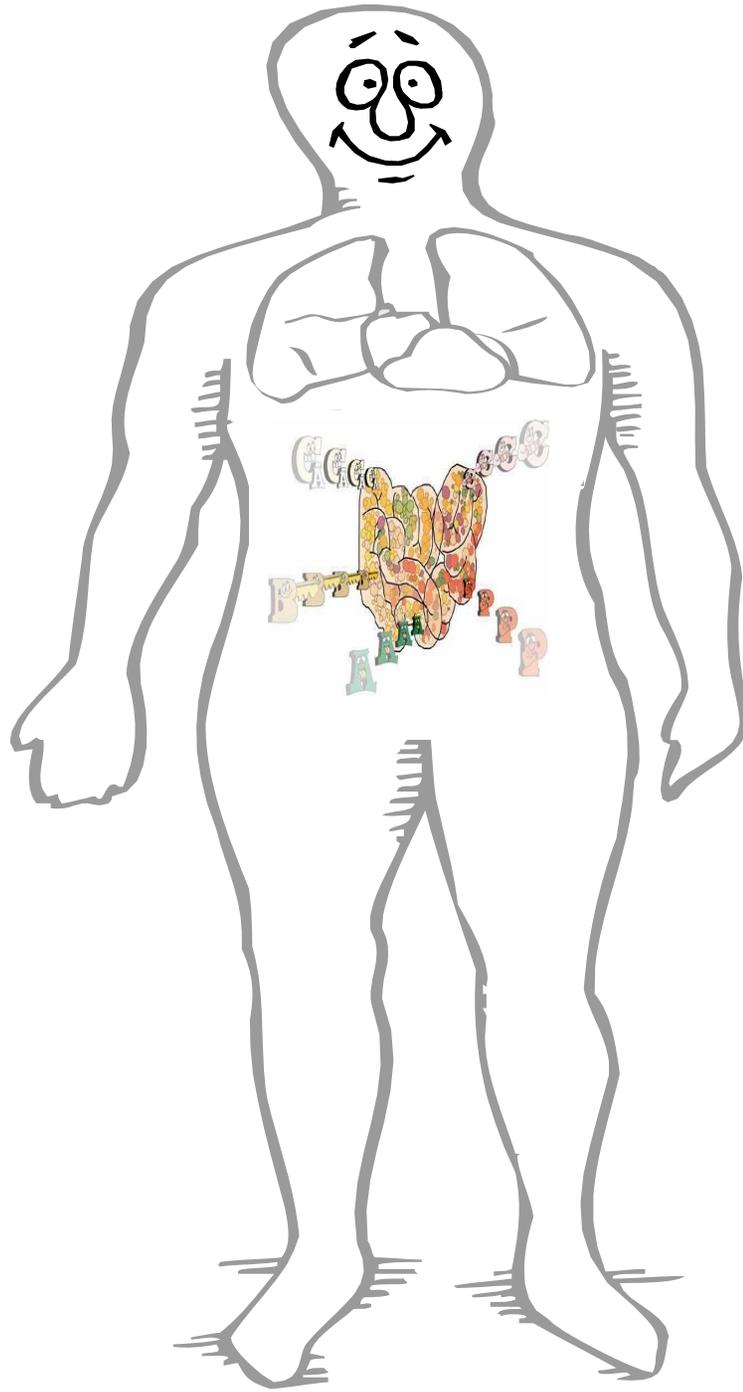
You are here in the body.

(Point to the highlighted small intestine.)



The small intestine squeezes food along like toothpaste is squeezed through a tube. Here in the small intestine the pieces of food broken down in the stomach become even smaller. The tiny pieces of foods are called nutrients. Nutrients move through the walls of the small intestine and then travel in the bloodstream to all parts of the body.

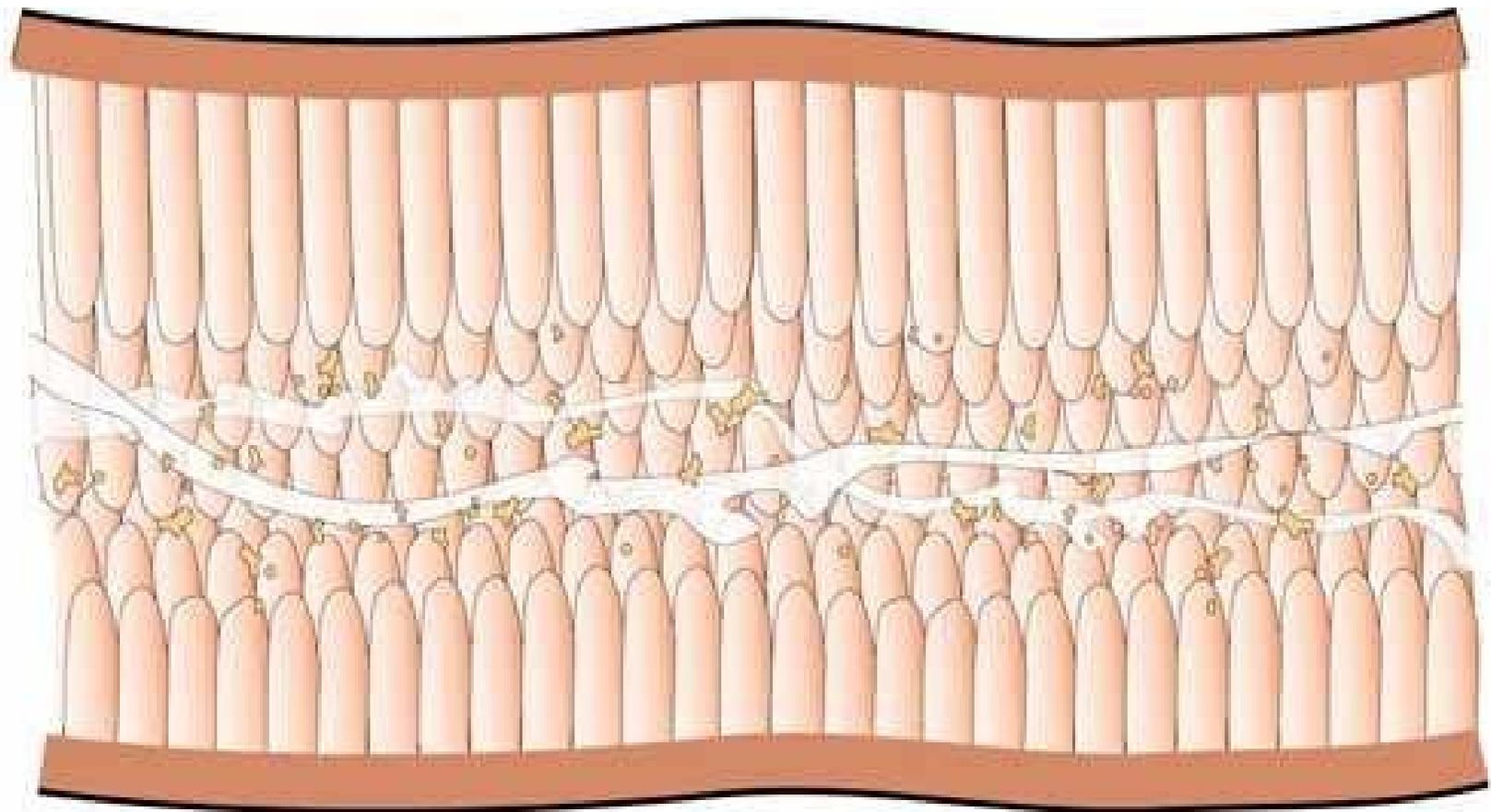
(point to the picture)



After the nutrients reach all parts of the body, they have many different jobs. They help give us energy, help us grow and help us heal.

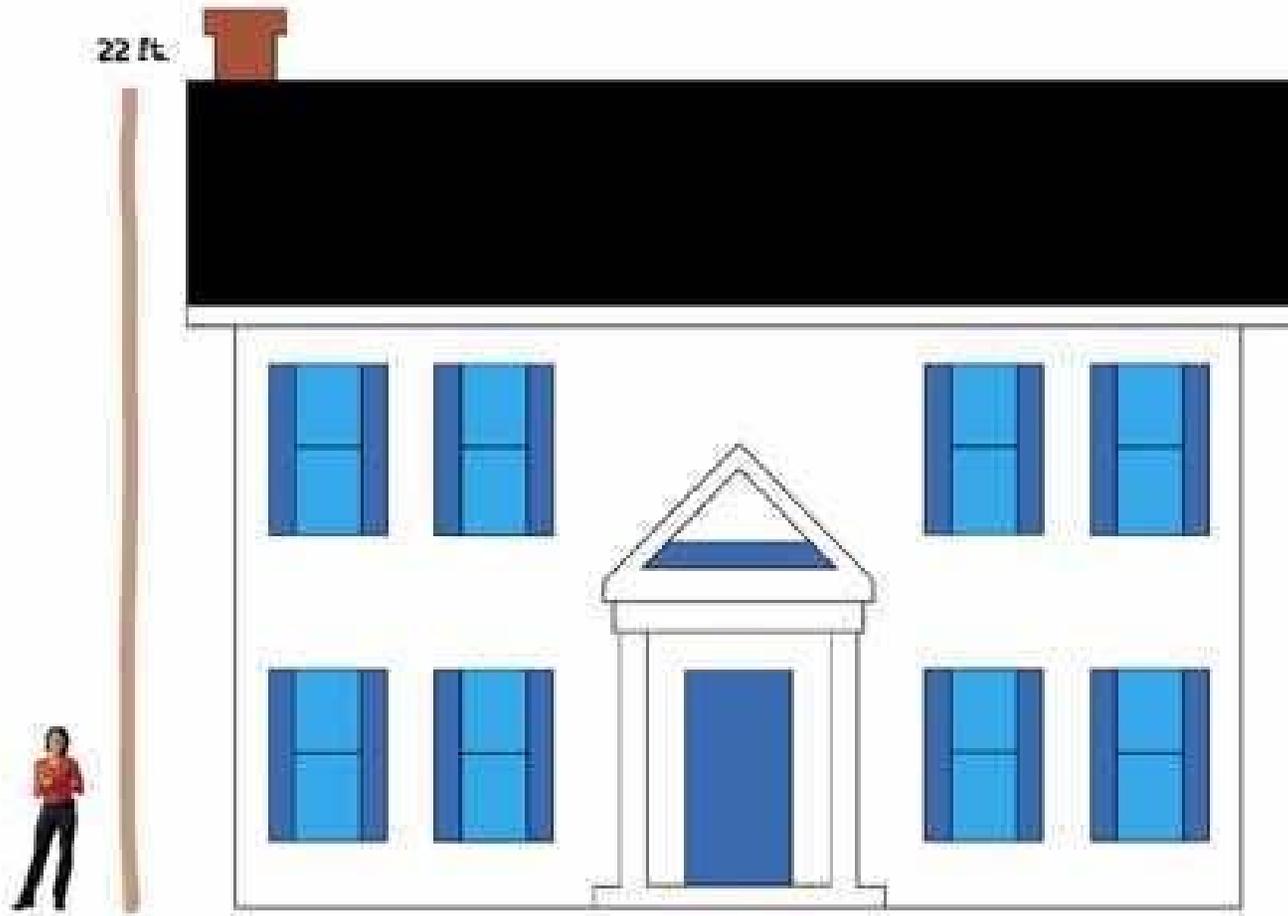
(Point out hanging strips of villi in the Small Intestine Exhibit)

These are called villi (*vil-lī*). We all have villi in our small intestine. The villi are not just on the top of the intestines inside our body, but also on the sides and bottom. The villi absorb the nutrients from our food. The nutrients get between the villi and then go through the intestinal wall into the blood stream. Villi are like doors in the walls of the intestine. The villi in your body are tiny and hair-like.



Do you know how long your small intestine is?
(Wait for responses.)

About 20 feet!!! If your small intestine wasn't curled up inside of you, you would have to be about as tall as a two-story house for your "stretched out" intestines to fit inside your body.



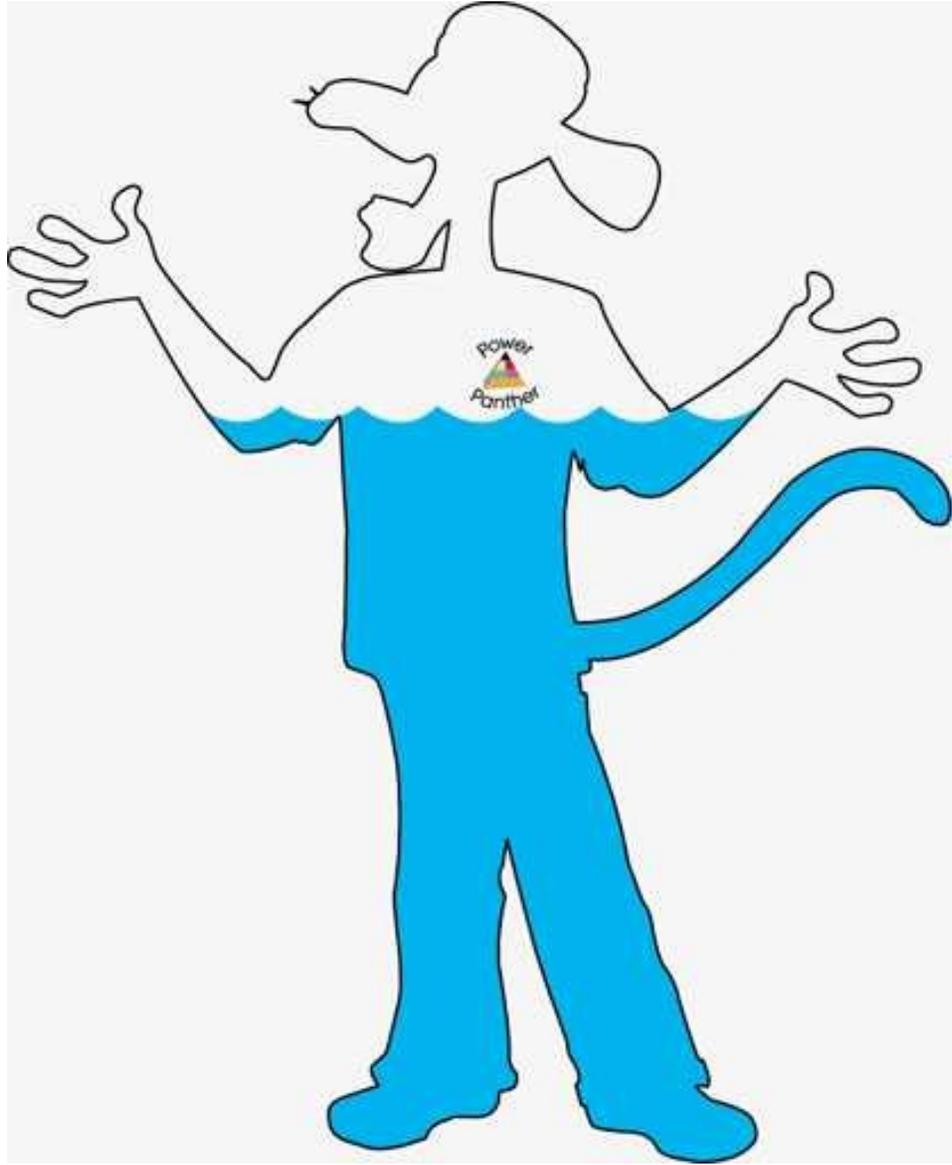
(Ask for a volunteer to help you demonstrate how long your intestines are (20 feet). Ask the student to take the end of the rope that is sticking out of the container. Instruct them to pull slowly until all 20 feet of the rope are on the floor.)



Did you know that 60% of your body is water and that you need to constantly replace it?

Do you know how much 60% is?

That's more than half! You lose water when you sweat, so it's important to drink lots of water when you're running and playing.

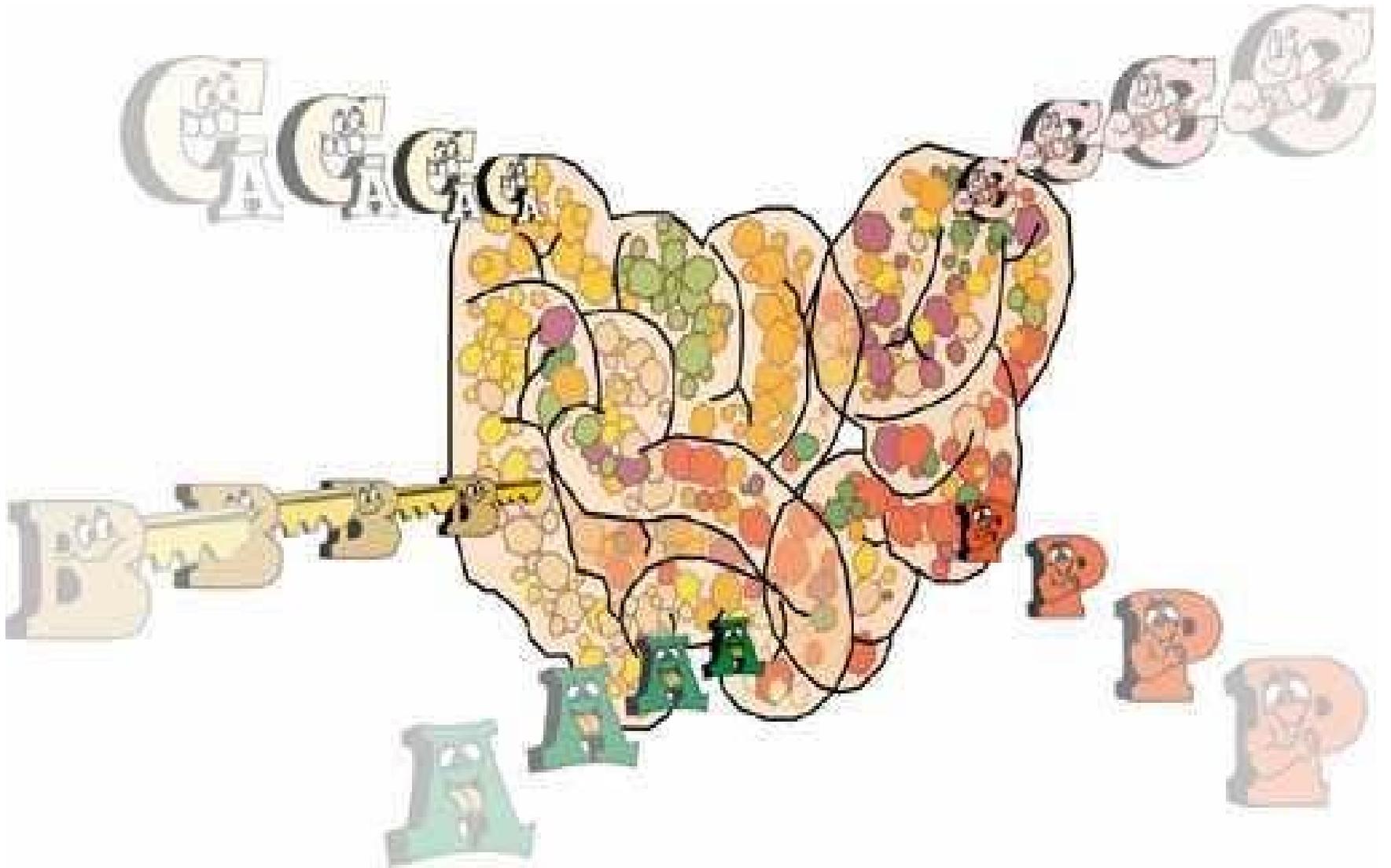


Water also helps the nutrients move to all parts of your body.

I'm going to set some glasses of pretend water here.

(Start with holding up one glass. Continue to add one more glass and ask students to tell you when you have set out the correct number of glasses of water needed daily.)

Eight glasses are needed.

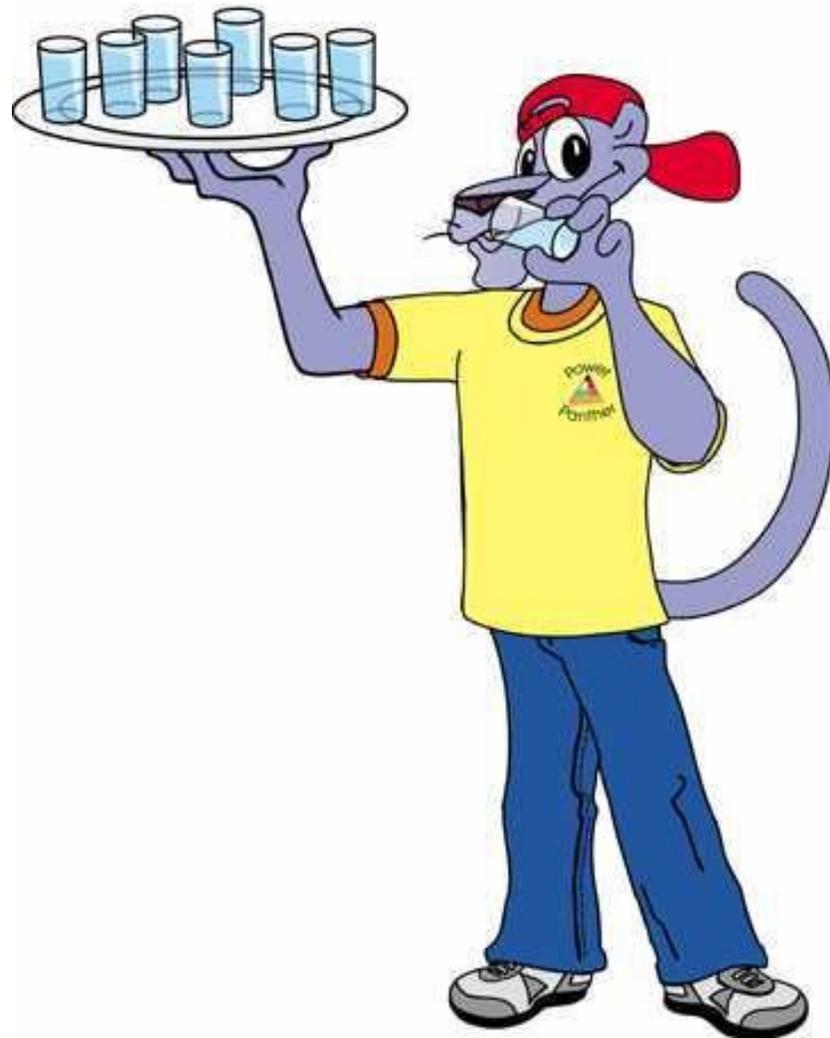


Everyday you need at least 8 glasses of water.
Raise your hand if you think you drink 8 glasses of water (only water!) everyday.

Is it OK to drink soda pop instead of water?

No. Juice, pop and other drinks are not substitutes for water.

Small Intestine



For our small intestine to be healthy, we also need fiber in our diet.

Fiber helps remove waste from our body.

We get fiber from eating lots of fruits, vegetables and whole grains.

(Ask students to stand.)

You may walk slowly to the end of the small intestine. Walk slowly so you can be absorbed into the bloodstream and travel on to the heart.

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End Here

