

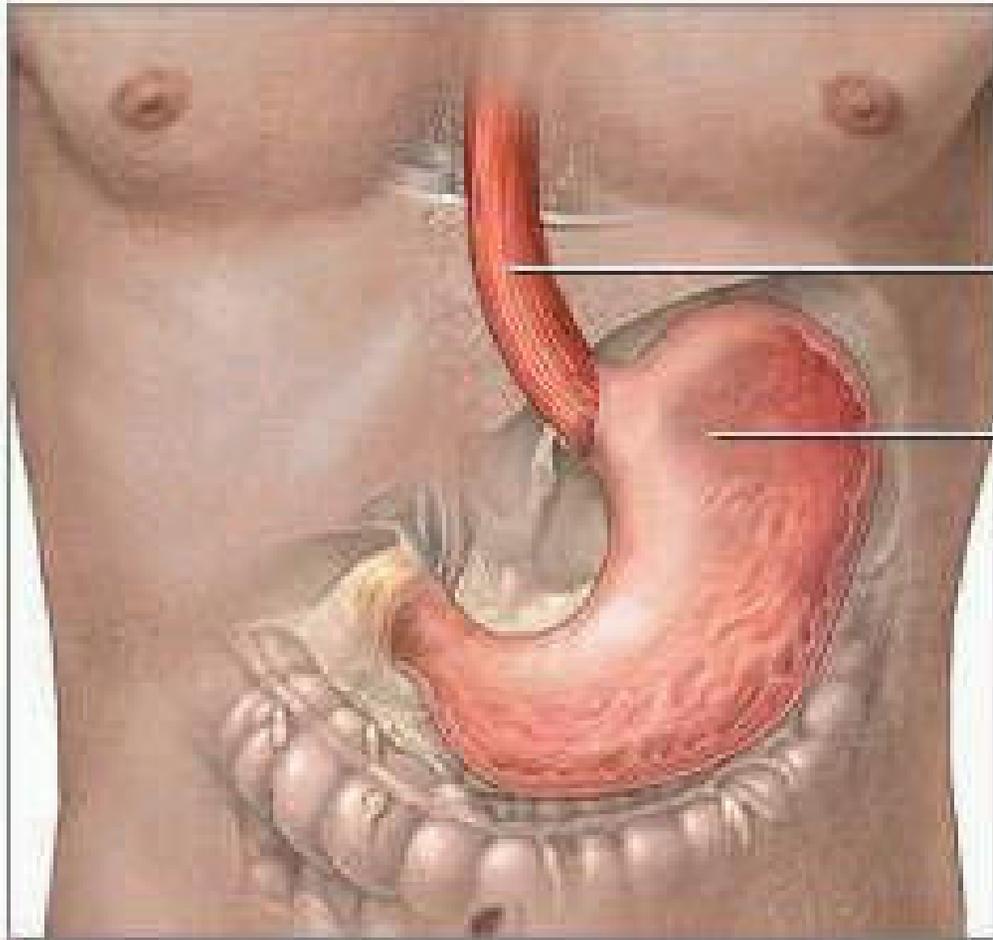
## **Station 4 – Stomach**

### **Start Here**

Welcome to the stomach! Look at your food tag and sit near your Food Pyramid group.

You are here in the body.

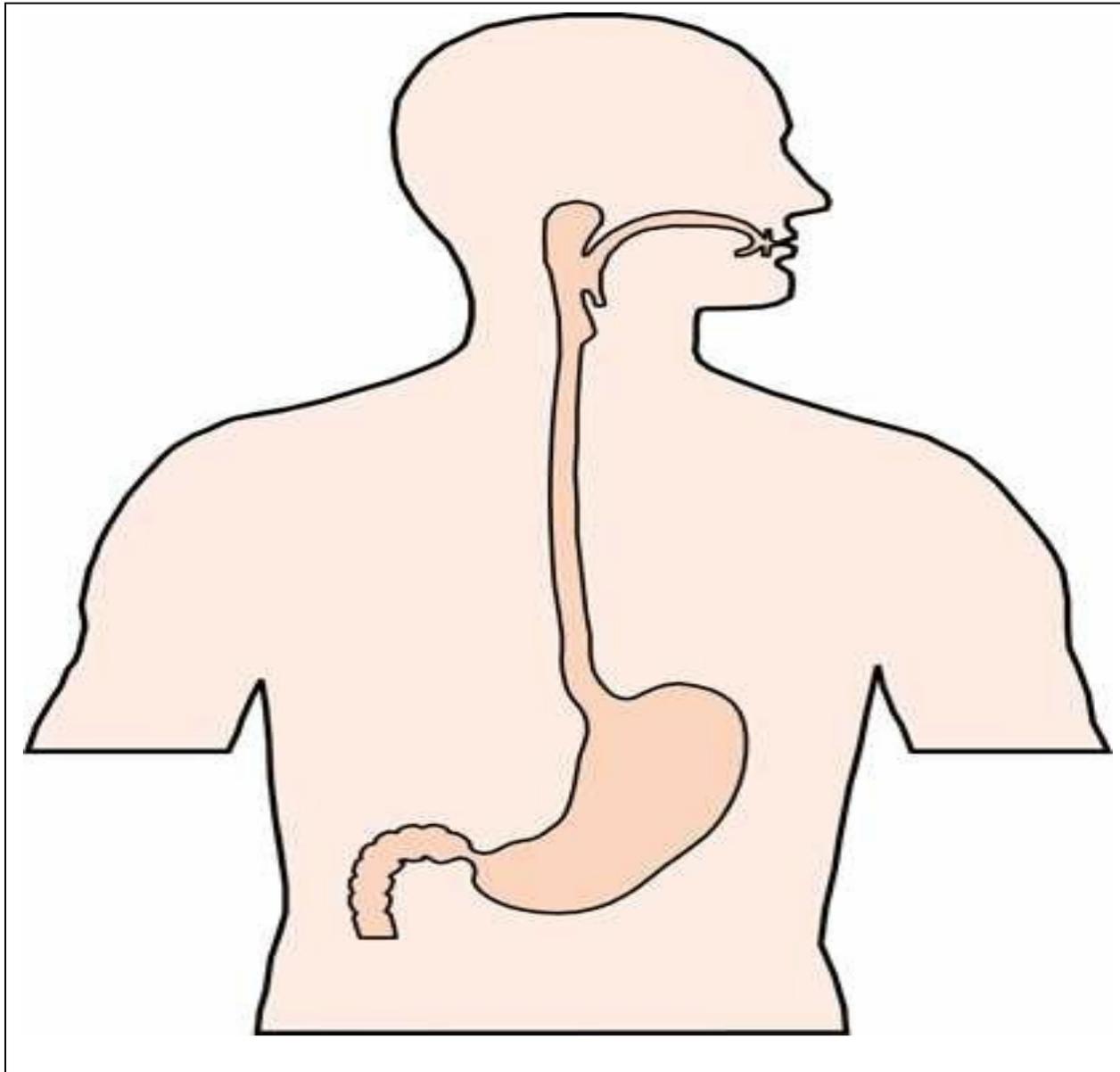
*(Point to the highlighted stomach.)*



Esophagus

Stomach

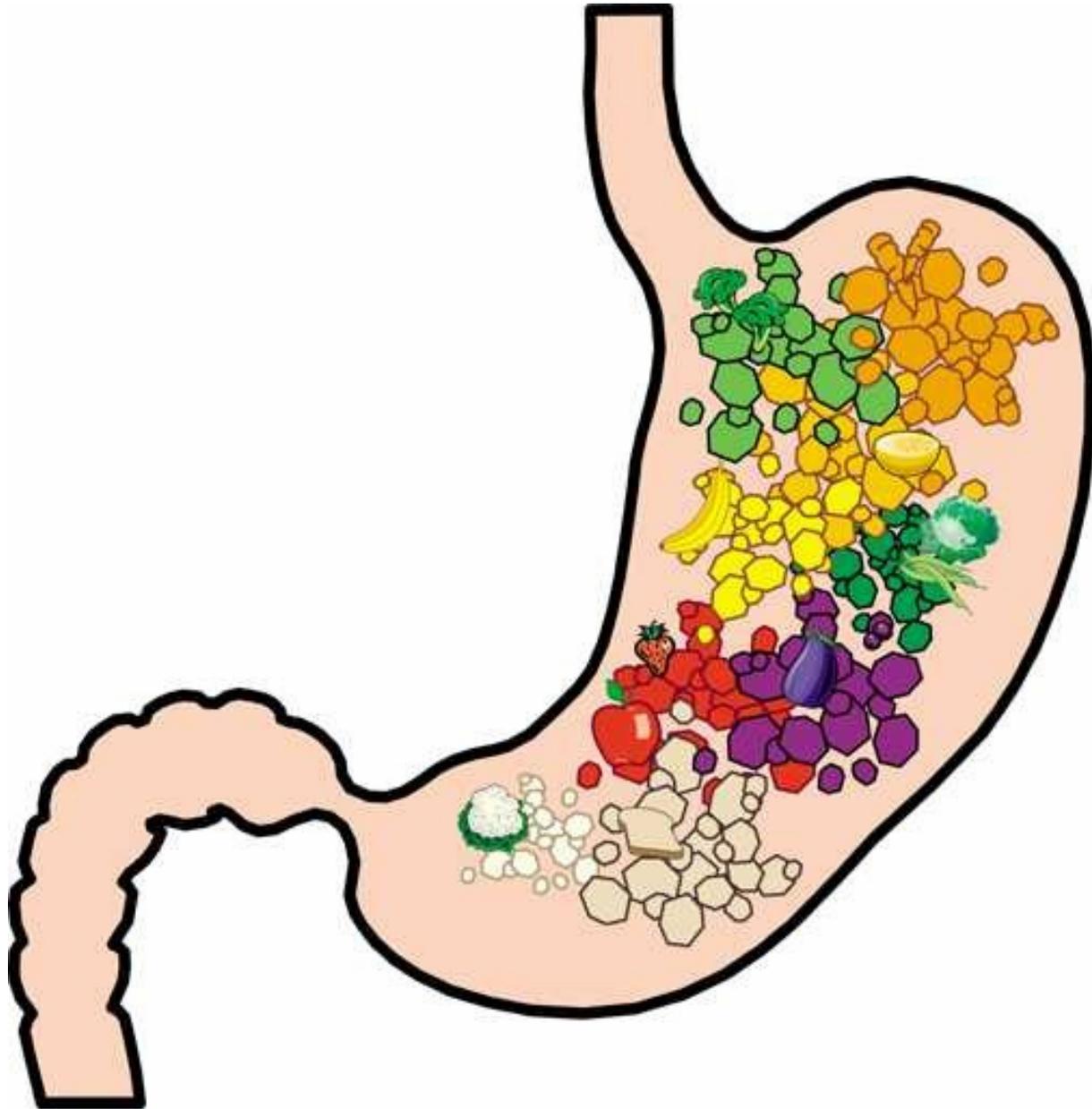
You just came from the mouth. You didn't just drop down here into the stomach. You were squeezed through a tube from the mouth to the stomach called the esophagus.



You have entered the stomach to continue your digestion adventure.

Digestion means “to divide”. When food is digested, it is divided into smaller and smaller parts so the body can use it.

Your stomach grinds the food into small pieces and digestive juices help break the food apart. The stomach is like a stretchy bag that holds the food after it is eaten. When the stomach is empty, it shrinks like a balloon without air.



Think of your favorite food. Some of your favorite foods fit into more than one food group, like tacos and pizza. I'm going to name the Pyramid food groups. Raise your hand when your favorite food fits into the group I name.

Name Pyramid food groups:

*(Wait for responses after each group.)*

Grain group, fruit group, vegetable group, dairy group, meat group, fats, oils & sweets group.



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**Foods from each Pyramid group give us different building blocks our bodies need. These building blocks are called nutrients. Our bodies need different nutrients for different jobs in the body. You'll be learning more about nutrients when you visit the small intestine.**

*(Hold up the protein (P) symbol.)*

**This is a symbol for protein. What food groups give us protein? (*meat, dairy*)**

*(Hand the protein (P) symbol to a student and ask him/her to put the symbol on the meat group.)*

*(Hold up the calcium (CA) symbol.)*

**This is a symbol for calcium. What food group gives us calcium? (*dairy*)**

*(Hand the calcium (CA) symbol to a student and ask him/her to put the symbol on the dairy group.)*

*(Hold up the vitamin B (B) symbol.)*

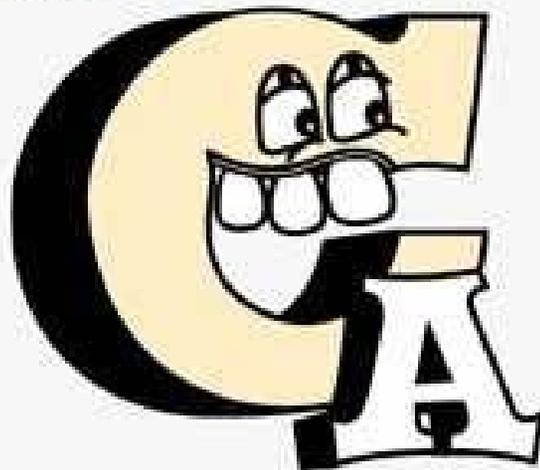
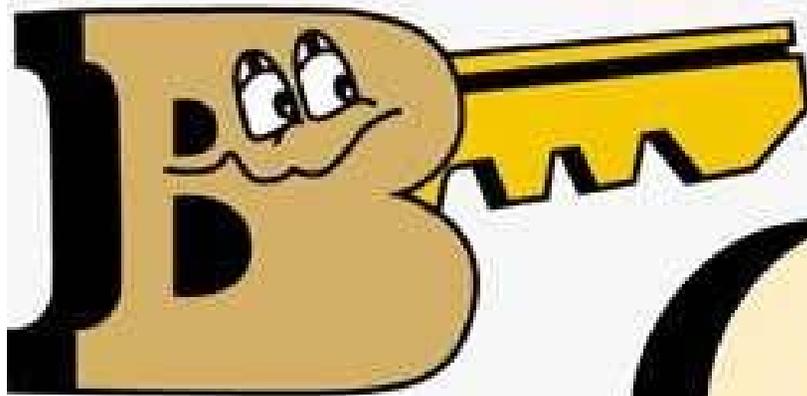
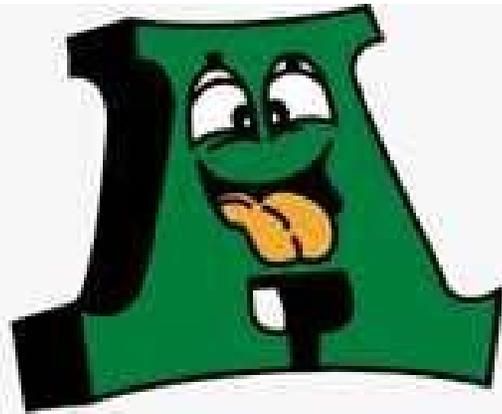
**This is the symbol for vitamin B. What food group gives us vitamin B? (*bread*)**

*(Hand the vitamin B (B) symbol to a student and ask him/her to put the symbol on the bread group.)*

*(Hold up the vitamin C (C) and vitamin A (A) symbols.)*

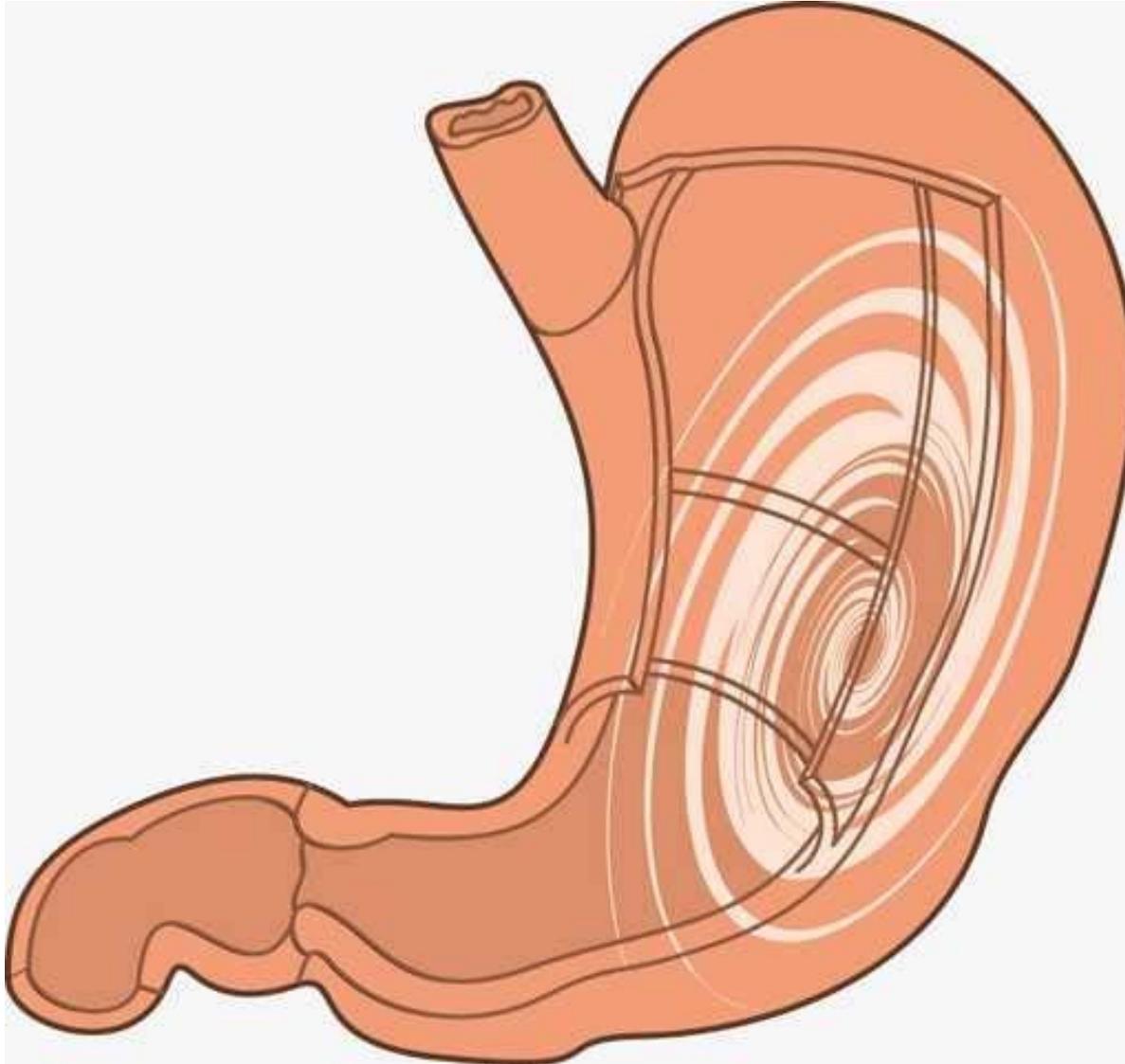
**These are the symbols for vitamin C and vitamin A. What food pyramid groups give us vitamin A and vitamin C? (*fruits and vegetables*)**

*(Hand the vitamin A (A) and vitamin C (C) symbols to 2 students and ask them to put the symbols on the vegetable group and on the fruit group.)*



When our food is broken down into smaller pieces in the stomach, there is a “churning” action. This movement mashes and stirs the food while it is broken into small pieces. Let’s pretend we’re being digested! Watch me first and I’ll tell you when to join in.

*(Start by standing up, putting your arms out and then stretching and wiggling while you gradually shrink to a squatting position. Have students that have protein on their food tag stand up. Point out that the protein rich foods are in the meat and dairy groups at the top of the Food Pyramid. Have the proteins begin the digestion process. Continue adding other nutrient groups (vitamin B, calcium, vitamin C, vitamin A) until all foods in the stomach have been broken down.) Ask students to sit down.*



Do you know why your stomach growls?

Sometimes your stomach churns when you're hungry and the gases in your stomach make a gurgling sound. Your body gives you hints. It tells you to eat when you're hungry, but STOP when you feel full. The full feeling is a message from your body too!

You are now ready for a trip through the small intestine.

**Station 4 – Stomach**  
**End Here**



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