

UNIT 10 - DIGESTIVE SYSTEM

ACTIVITY – Peristalsis of Fiber

Objective:

Students will understand the role of peristalsis.

Materials:

- 2 long tubes
- 1 cup of water
- 1 empty cup
- a small bag of high fiber raisin bran cereal

Strategy:

Students will work in pairs.

Each pair of students will take one tube and place the cereal down the tube. Students will then use a liquid to push the cereal down the tube. The tube is the colon and the cereal is the fiber. The students will observe how fiber moves through the colon.

Fiber:

Fiber is beneficial for cleaning the colon. Fiber carries bile and fat from the body. Without fiber, much of this fat is reabsorbed and re-circulated throughout the body. By helping cleanse fat and debris from the digestive tract, gasses are also reduced, allowing for more optimal absorption of important nutrients. A healthy colon also helps the body better absorb oxygen which is important for memory and energy levels.

Discussion:

What does "movement" mean in reference to digestion?