

Year 4 Topic

Digest This!



Open wide – let's look inside! We're on a voyage of discovery to investigate the busy world inside your body.

During this learning project, we'll have a visit from a dentist and ask lots of questions. We'll find out about different dental procedures and learn new scientific vocabulary. We'll use this information to write toothy fact files. There will be lots of investigating as we learn about our different teeth, how to brush them and how sugary drinks affect them. We'll examine the amount of sugar in different foods. We'll write a story describing the journey a piece of food takes through the digestive system. In science, we'll learn about the organs involved in digestion and make our own wearable digestive systems in D&T. We'll learn about digestion in different animals and handle a range of digestive organs.

At the end of the project, we'll write persuasive texts to convince people to eat healthily and share these with you. We'll use what we've learned to play a scientific game and create healthy snack packs for our friends. We'll also write to our digestive systems, promising to keep them healthy.

Help your child prepare for their project

The food we eat goes on an amazing journey through the digestive system. Why not keep a joint food diary for a week to see if you eat enough gut-friendly foods? You could also try a new food or drink that you've never tasted before. What do you like or dislike about its taste and texture? Alternatively, drop copper coins into a range of fizzy drinks overnight to see what happens. Which drink has the most powerful cleaning properties?

What will you choose to do?

- Keep a food diary and notice what happens as certain foods (like beetroot, sweetcorn, asparagus or blueberries) pass through your body.
- Who spends the most time in the bathroom in your house? Make some observations and display your findings in a graph or chart!
- Find out how to look after your digestive system with some colon-cleansing foods (cider vinegar, flax seeds, avocado and spinach are good) and make a song or poster encouraging people to look after their guts!
- Learn how to boost your immune system. Make a poster or advert for a doctor's surgery to help people avoid falling victim to the flu season.
- Do you have any horrid habits, such as nail biting or nose picking? What habits do you dislike in others? Think up some tips on how to give up a horrid habit.
- Have a burping competition with family or friends! Set rules to make it fair. Record the contestants to resolve any disputes, and decide whether carbonated (fizzy) drinks are allowed.
- Drop grubby copper-plated coins into a range of fizzy drinks and leave them overnight to see what happens. Which brand has the most powerful cleaning properties?
- What qualifications and training do you need to become a dentist? You could quiz your dentist at your next check up! Ask before you are in the middle of a scale and polish!
- Some people sneeze because they are allergic to certain substances such as pollen or house dust mites. Survey your friends and family and find out if anyone you know has an allergy. How will you record the information?
- Try a new food or drink that you have never tasted before. What do you like or dislike about its taste and texture?

