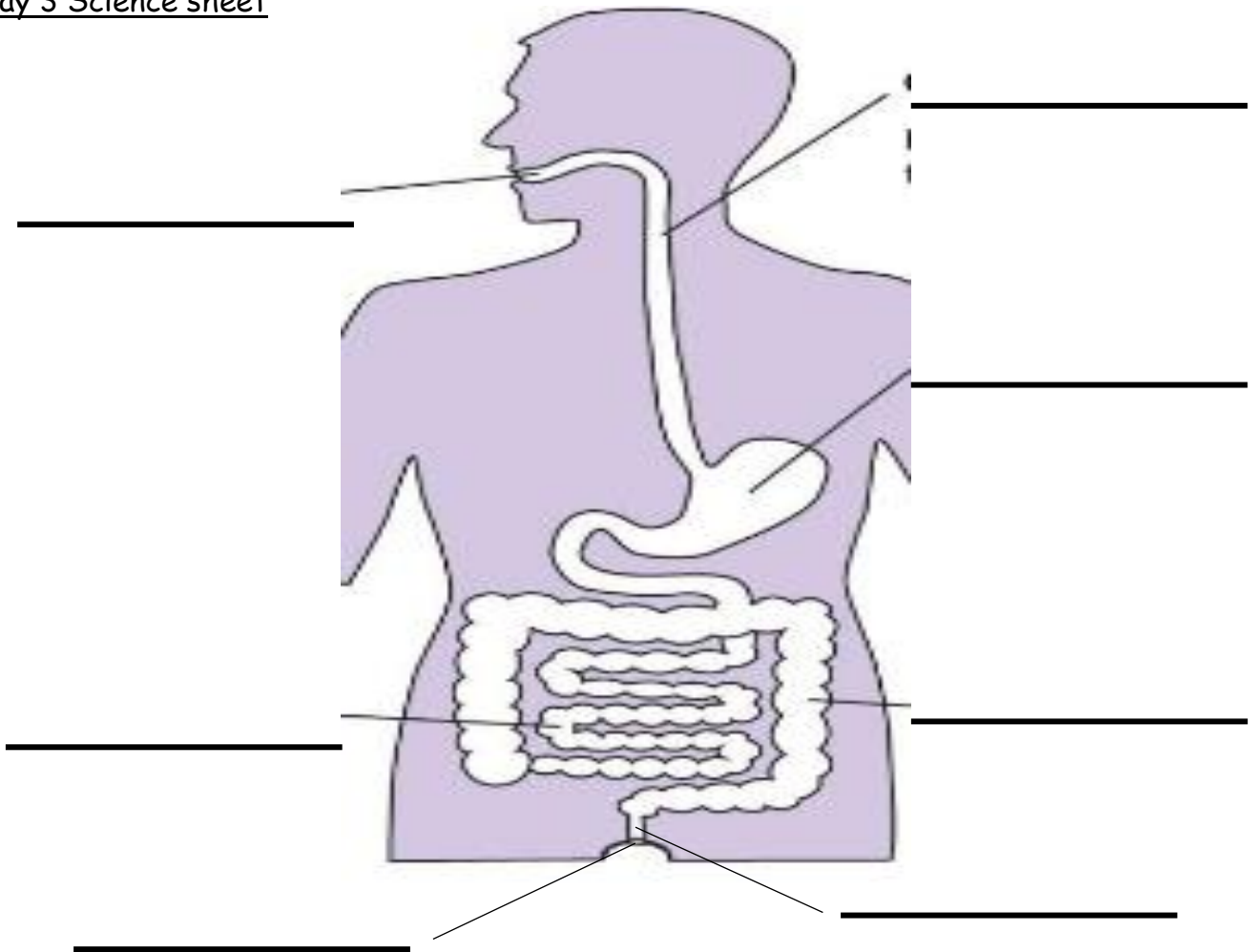


## Day 3 Science sheet



### Edible poo instructions:

- 1) Put the spoonful of chocolate spread into a bowl and squirt the golden syrup into it.
- 2) Mix the ingredients carefully, then add the handful of raisins (or your choice of edible chunks).
- 3) Next, break up the digestive biscuit and put the pieces into the bowl, mix once more.
- 4) Now put the mixture into the sandwich bag (or onto the cling film) and roll your mixture into the shape of a poo.
- 5) Put it in the fridge to set, then eat at your leisure!

Each of these ingredients represents what our faeces is made from:

- Chocolate spread is the fat from the food we eat.
- Golden syrup is water, your faeces is actually 75% water. That's why you should drink lots each day too.
- Handful of raisins are the bacteria our body has rejected (making our poo inedible).
- Digestive biscuit is the fibre we need in our diet to make our poo easier to pass.

### Ingredients:

- 1 large spoon of chocolate spread
- A handful of raisin (or small edible chunks of your choice).
- 1 squirt of golden syrup
- 1 digestive biscuit
- A small amount of cling film (or sandwich bag).
- A bowl and spoon to mix

Check you can eat each of the ingredients before eating!

Here are some interesting facts about faeces, you could mould your poo into one of these!

## TEXTURE TALK:



1.

Separate, pebble-like pieces that are hard to pass. A sure sign of constipation.



2.

Firm, sausage-shaped and lumpy. An indicator that things are getting a little backed up.



3.

Soft, smooth and easy to pass—this is your optimum #2!



4.

Sausage-shape with visible surface cracks—a respectable #2!



5.

Soft, formed pieces with defined edges. This is leaning towards diarrhea.



6.

Light fluffy pieces with frayed edges and a mushy texture. A definite indicator of diarrhea.



7.

No solid pieces at all, thin and runny. Yep—it's diarrhea and we hope you feel better soon!

SOME  
FACTS



Poop is made up of mostly water, about 75%! The remaining 25% is a stinky combination of fiber, bacteria, cells and mucous.



Bile is a greenish fluid produced in the liver that aids in the digestion of fat and can alter the color of your poop.



On average it can take 7 seconds for food to travel through the esophagus to the stomach and up 72 hours to travel from the stomach through the intestinal tract.



Frequency varies from person to person and even culture to culture. Anywhere from three times a day to once every three days is normal. As long as you are in that range and feeling comfortable, you're good to go!



Doctors can now perform stool transplants—taking the stool from a healthy person and transferring it to patients suffering from illnesses such as C. diff colitis. The good bacteria found in healthy poop can fight off serious and potentially life-threatening infections.



You are what you eat and so is your #2. Although food and medications are the primary color contributors, if your #2 has an alarming hue, you may want to call your doctor.