

Science – "The Journey of a Sandwich"

Topic: The Human Digestive System **Target Grade Level:** Grades 3–5 (Elementary/Primary)

Duration: 40 Minutes **Materials:** Plain white paper (folded into 4 quadrants), colored pencils/crayons.

Learning Objectives




- Students will identify the major organs of the digestive system (Mouth, Esophagus, Stomach, Small Intestine).
- Students will visualize the process of mechanical and chemical digestion.


Instructions

1. Preparation (5 Mins):

- Have students fold their paper into four squares (quadrants). Number them 1–4.
- Tell the class: *"Today we are going to follow a sandwich on a dangerous journey. I will describe what happens, and when I say 'Stop and Draw,' you have 3 minutes to sketch the action in the correct box."*

2. The Procedure (25 Mins):

- **Box 1: The Crusher (Mouth & Esophagus)**
 - *Teacher Script:* "Digestion starts before you even swallow. Your teeth act like hammers crushing the food, and your saliva makes it wet. Then, it goes down a long, slippery slide called the esophagus."
 -  **STOP AND DRAW (Box 1):** Draw the 'hammers' crushing the sandwich and the long slide it falls down.
- **Box 2: The Acid Bath (The Stomach)**
 - *Teacher Script:* "The food lands in the stomach. Imagine a cauldron or a mixing bowl. It is full of bubbling green acid that melts the food into a thick liquid. The muscles of the stomach squeeze and mix it up."
 -  **STOP AND DRAW (Box 2):** Draw the sandwich falling into a pool of bubbling liquid. Show the food melting.
- **Box 3: The Nutrient Tunnel (Small Intestine)**
 - *Teacher Script:* "Now the liquid food enters a long, twisty tunnel. The walls of this tunnel have tiny fingers called 'villi' that grab the good stuff (vitamins and energy) and pull it into your blood."
 -  **STOP AND DRAW (Box 3):** Draw a twisty tube. Draw little hands coming out of the walls grabbing 'energy stars' from the food.
- **Box 4: The Exit (Large Intestine)**

- *Teacher Script:* "Whatever is left is just waste. The water is dried out, and the body gets ready to push it out."
-  **STOP AND DRAW (Box 4):** Draw the 'trash can' of the body where the leftovers go.

3. Review (10 Mins):

- Have students turn to a partner and walk them through the "Journey of the Sandwich" using their 4 drawings as a map.