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# **Create a series of lessons for primary 5 on the digestive system. Focusing on the function of the mouth, oesophagus, stomach, liver, small intestine, large intestine, rectum and anus. Also including the main preventable causes of liver disease**

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## Lesson 1: Introduction to the Digestive System

Objective: Students will be able to define the digestive system and list its components

Materials: Whiteboard, markers, hand-outs with diagrams of the digestive system

### Procedure

1. Introduce the digestive system as an amazing network of organs, tissues and cells that work together to convert food into energy
2. Explain that the digestive system is comprised of the mouth, oesophagus, stomach, small intestine, large intestine, rectum and anus
3. Ask the students to name the organs
4. Show the diagrams of the digestive system and have the students draw arrows or label the organs on their handouts
5. Explain that by understanding the digestive system, we can also recognize preventable causes of liver disease.

## Lesson 2: The Mouth

Objective: Students will be able to describe the function of the mouth and identify ways to prevent tooth decay

Materials: Whiteboard, markers, hand-outs with diagrams of the mouth

### Procedure

1. Explain that the mouth is where digestion begins
2. Ask the students to name the components of the mouth (lips, tongue, teeth, salivary glands, etc.)
3. Show a diagram of the mouth and ask students to label the parts
4. Explain that saliva from the salivary glands breaks down food and helps make swallowing easier

5. Discuss how tooth decay is the most common preventable cause of liver disease and explain ways to prevent it (brushing, flossing, eating healthy foods, etc.)
6. Have the students write down 1 way to prevent tooth decay

### Lesson 3: The Oesophagus

Objective: Students will be able to explain the function of the oesophagus and identify preventable causes of oesophagus disease

Materials: Whiteboard, markers, diagrams of the oesophagus

#### Procedure

1. Explain that the oesophagus is a tube that carries food from the mouth to the stomach
2. Show the diagram and have the students label the parts
3. Explain that the oesophagus relaxes and contracts to push food along
4. Discuss ways to prevent oesophagus diseases like gastroesophageal reflux disease (GERD) (eating smaller and more frequent meals, avoiding caffeine and chocolate, avoiding late night meals, etc.)
5. Have the students write down 1 way to prevent GERD

### Lesson 4: The Stomach

Objective: Students will be able to describe the function of the stomach and identify ways to prevent stomach ulcers

Materials: Whiteboard, markers, diagram of the stomach

#### Procedure

1. Explain that the stomach is an organ that helps to break down food and release chemicals that help with digestion
2. Show the diagram and have the students label the parts
3. Explain that the stomach has powerful digestive acids
4. Discuss ways to prevent stomach ulcers (avoiding smoking and alcohol, eating a balanced diet, managing stress, etc.)
5. Have the students write down 1 way to prevent stomach ulcers

### Lesson 5: The Liver

Objective: Students will be able to describe the function of the liver and identify the main preventable causes of liver disease

Materials: Whiteboard, markers, diagram of the liver

#### Procedure

1. Explain that the liver is the largest internal organ, which helps to process food, clean the blood and rid the body of toxins
2. Show the diagram and have the students label the parts

3. Explain that the main preventable causes of liver disease are excessive alcohol consumption, obesity, and viral hepatitis infections
4. Discuss ways to protect your liver (eating healthy, getting vaccinated, avoiding excessive alcohol consumption, etc.)
5. Have the students write down 1 way to protect their liver

#### Lesson 6: The Small Intestine

Objective: Students will be able to explain the function of the small intestine

Materials: Whiteboard, markers, diagram of the small intestine

##### Procedure

1. Explain that the small intestine is a long organ in which the majority of digestion and absorption of food into the body occurs
2. Show the diagram and have the students label the parts
3. Explain that the small intestine has an inner lining made up of tiny finger-like projections called villi
4. Discuss how the gall bladder helps to regulate the flow of bile, which helps to break down fats

#### Lesson 7: The Large Intestine

Objective: Students will be able to explain the function of the large intestine

Materials: Whiteboard, markers, diagram of the large intestine

##### Procedure

1. Explain that the large intestine absorbs water and some minerals from the food that is left over after digestion
2. Show the diagram and have the students label the parts
3. Explain that the large intestine consists of the cecum, colon, and rectum
4. Discuss how bacteria in the large intestine help to break down food and create vitamins

#### Lesson 8: The Rectum and Anus

Objective: Students will be able to explain the function of the rectum and anus

Materials: Whiteboard, markers, diagram of the rectum and anus

##### Procedure

1. Explain that the rectum is the last part of the digestive system and holds the waste produced from digestion
2. Show the diagram and have the students label the parts
3. Explain that the anus is the opening through which waste leaves the body
4. Discuss how bacteria in the rectum helps to break down and remove waste
5. Explain how keeping the rectum and anus clean is important for general health and hygiene

