

CHECK LIST

Lesson #4: Digestion – Helping Your Body Use Its Fuel

1. Script

2. Props

- 3/4 oz. small tasting cups (1 per student)
- Sugar cubes (1 per student)
- Water
- Teaspoon

Props used for sugar cube activity.

Supplies

- Cutting board
- Knife
- Food prep gloves
- Small paper plates

For clean up

- Paper towels
- Trash bags
- Sponge
- Dish soap

3. Handouts

For students:

- In class activity: 2 sided hand out: Digestive System Diagram and Chewing Activity

For parents:

- Grill Me About

For teacher:

- Teacher packet

4. Optional Food Sample

- Food preparation instructions
- Serving supplies