



**Your Tummy Helps Your Brain-REALLY? (🌈 A Physical Health Story)  
(Kindergarten – 5-6 yrs.)  
Video: Turning Food Into Energy**



**STORY CONNECTION-SLIDE 11 (Approx Time: 5-10 mins)**

When your brain gets the signals from your tummy that there is no food - and no energy to use, then the brain goes into action. Your brain uses LOTS of energy. So, your brain gets the other parts of the body to help get the food – and the energy – it needs to be able to work. Your brain tells your legs to go and either find some food or ask someone for food. Your hands pick up the food and put it in your mouth. Your mouth chews and swallows the food so it can get to your tummy. Your tummy tells your brain that it now has food. Both your tummy and your brain are now happy. They are happy because food - and the energy that is made from the food - is so important to your body and your brain staying healthy.

**Materials needed:**

- Video Link: <https://www.youtube.com/watch?v=QLI28avTGpg> (1:01)
- Chart paper or whiteboard
- Markers

**Preparation needed:**

- Open the video link and preview the video prior to showing it to the student(s).
- Print out the labeled diagram or draw and label the body and path food takes on chart paper or the whiteboard
- Note: the word “anus” is on the labeled diagram. Discretion should be used, and the facilitator might want to omit this word when using the prelabeled sheet or drawing the diagram.

**Instructions:**

1. This short video helps student(s) better understand the path that food takes through the body to turn it into energy.
2. Prior to showing the video, ask the student(s) to tell you what they think happens when they eat food. Take all responses if in a group.
3. As a follow up and to get them thinking a little deeper, ask questions such as:
  - a. How does the food get into your mouth?
  - b. What do you do after it is in your mouth?
  - c. Where does it go then?
  - d. Then where does it go?
  - e. How do you feel after you have eaten?
  - f. Do you have more or less energy after you eat?
  - g. Why do you think you feel this way?

- h. Why do you think it is important to eat foods that are good for your body and brain?
4. Play the video once through for student(s).
5. After the first viewing, ask student(s) to share something they learned in the video.
6. Watch the video again as needed for student understanding. Some things to discuss include:
  - a. The tummy is like a gas tank that we need to fill up when we want to get going. How is the tummy like a gas tank of a car?
  - b. Why do we need to fill our tummy with food?
  - c. The tummy is like a factory turning food into energy.
  - d. Food starts in the mouth, goes down the esophagus, and to the stomach. It then goes into the small intestines where the body gets everything it needs. This would be a good time to trace the path of food on the diagram. Note: the pancreas and liver aid in digestion by helping the body break down and digest different foods such as proteins, carbohydrates, and fats. These are not in the video.
  - e. Food helps build muscles, helps us grow, and gives us energy.
  - f. What happens to the food we do not use?
7. In closing, review that the tummy gets signals from the brain when it needs food to turn into energy to keep us going. The food goes through the digestive system and is used by the body. When we put food in our tummy, the body and the brain are happy and that is SPECTacular!

**mouth**

**esophagus**

**pancreas**

**liver**

**large intestine**

**stomach**

**anus**

**small intestine**

