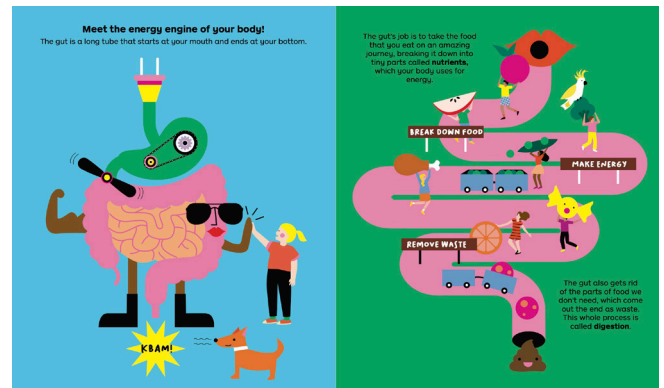


# Teachers' notes for All About the Gut



## ABOUT THE BOOK

### SYNOPSIS

How does your gut turn the food you eat into the nutrients your body needs? What's the mind-body connection? And why do we burp? Dr Liz Bannister takes us inside the body to show us how food is digested, where everything goes and what you can do to keep the energy engine of your body in top form. Like all of the books in the All About the Body series, this is a celebration of the incredible systems we have in our very own bodies.

### ABOUT THE AUTHOR/ILLUSTRATOR

Dr Liz Bannister is a paediatric gastroenterologist at the Royal Children's Hospital in Melbourne. She specialises in helping children and young people with all kinds of gastrointestinal disorders, and has a special interest in complex liver diseases and transplantation. She lives with her family in Melbourne, and enjoys exploring the local parks with her two children on their cargo bike.

Beck Feiner is a graphic designer and illustrator. Her art and stories shine a light on social issues and tap into the mood of the time to promote harmony and diversity. She has created many much-loved picture books, including *Aussie Legends Alphabet* and *If I Was Prime Minister*.

### THEMES

- STEM
- Biology
- Anatomy
- Digestion
- Mind-body connection
- Health

Title	All About the Gut
Author/Illustrator	Dr Liz Bannister/Beck Feiner
ISBN	9781922610973

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## FOR THE CLASSROOM

### DISCUSSION QUESTIONS

- What is the gut's job?
- What are the steps involved in digestion, from when you take a bite of a piece of food until it ends up in your stomach?
- Where does your food go after it's in your stomach, and why are each of these stops important?
- Can you explain what your villi do?
- What kinds of food does your body need to grow and work properly?
- What makes our poo brown? How many times a day is it normal to pass gas?
- What should we do about the trillions of microbes in our body?
- Is there any way to prevent allergies? What's it called when you're not allergic to something but your body is still sensitive to it?
- Can you explain the mind-body connection? What does it tell you about your gut?

### ACTIVITIES

- Your gut helps you in a lot of different ways. Can you write down at least three things you wouldn't be able to do without your gut? How does your gut help you with these activities?
- The digestive tract has a lot of stops for your food. Can you make a list of each stop and what happens to your food there?
- Make a drawing of the kinds of foods you could eat to help your gut stay healthy.
- As you know from the animal spread, some animals have multiple stomachs, and some animals don't have a stomach at all. Research how a creature with multiple stomachs or no stomach digests their food and draw a picture that shows what you've discovered.
- Think of a time when you trusted your gut and draw a picture of what happened. It doesn't have to be a big event – just an occasion where your instincts about something were correct.



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