

Fiber Relay Race

Objective: Learn about benefits of fiber through interactive activity

Activity Type: Game

Age: 3rd - 5th graders

Materials Needed:

1-2 Clear vinyl malleable tubing, 5/8" outer diameter x 1/2" inner diameter vinyl.

Possible item # 048643-025646

(20 ft will be enough for 15 kids)

1-2 Baby carrots, depending on how many tubes you have

1-2 food without fiber, preferably with sticky portion (like made from marshmallow)

Participants will simulate digestion and see how fiber assists digestive process by passing food through vinyl tubing (small intestine). Before beginning activity, review the key organs involved in digestion, fiber, including sources of fiber, as well as how fiber interacts with organs involved in digestion and how fiber "cleans" out small intestine.

Directions for activity:

1. Mash up a non fibrous food (i.e. snowball, donut, etc) and insert into one end of 1/2" vinyl tubing, at least 10 feet long.

2. Squeeze the tubing in order to demonstrate how the food will not move, or is difficult to move, and how it sticks to the sides of the tubing.

3. Insert food with fiber (i.e. baby carrot, almonds, etc) into tube directly behind the non fibrous food.

4. Squeeze the tubing directly behind the carrot in order to show how foods with fiber will help move the non fibrous food through the tubing.

5. Split participants into teams and have them race to see who can squeeze the food through the tubing the fastest. Alternatively, if there are not enough kids for teams, can have one group see how fast they can squeeze food through tube of any length.

It will take about 10 minutes to squeeze the food through 20 feet of tubing.

For questions or further information contact:

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