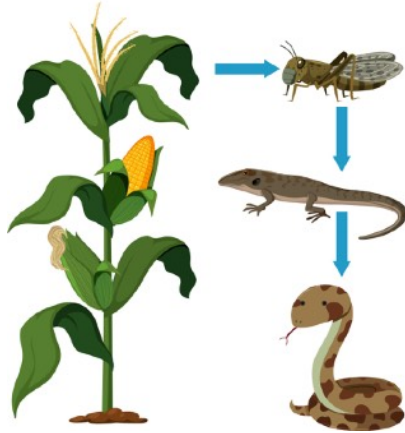


# The Final Outcome - Scat

This week we are going to study SCAT. SCAT is the scientific term for poop.

You might wonder why every animal poops. How come all that good food turns into something so gross?

## Basic Food Chain



Do you remember the Food Chains from Week 1? Plants, the PRODUCERS, capture the energy from the sun and use it to turn CO<sub>2</sub> and water into sugar (Photosynthesis).

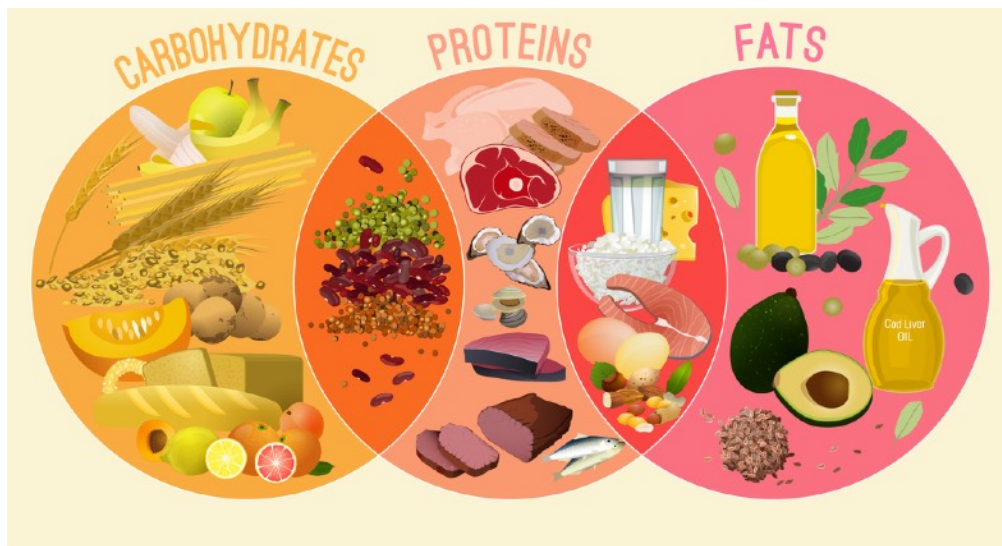
That sugar is the basis for everything in the food chain. All living things use that energy for growing, moving and producing offspring.

- Plants grow leaves, flowers, wood and produce seeds.
- Animals use the energy from the plants or the animals they eat for growing larger, growing fur, feathers, scales, teeth and toenails. They also need it for running, flying, crawling, or swimming. Animals also need a lot of energy for either laying eggs or having babies.

The process that animals use to get the energy out of food is called DIGESTION.

Humans need to eat food to get energy. A good diet is a combination of grains, fruits, vegetables, milk products, eggs, oils and maybe meat and fish. These foods contain **NUTRIENTS**: carbohydrates, proteins, fats, vitamins and minerals.

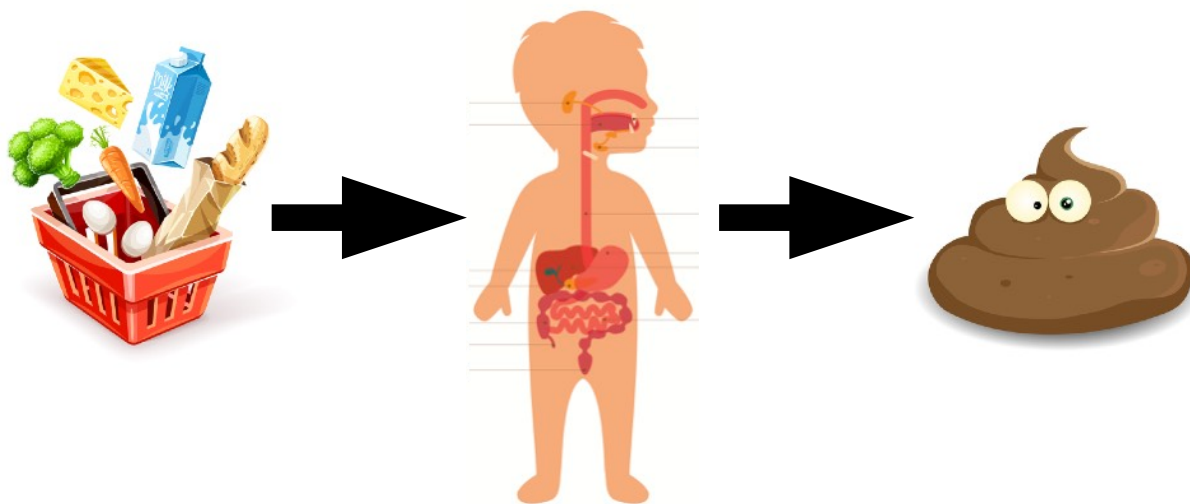
Fruits and vegetables have lots of carbohydrates and vitamins, but their peels are made of fiber and have no nutrition. Eggs and meat have a lot more protein than your body needs. The same fat, your body only takes as much as it needs.



To get all the good and necessary **NUTRITION** out of the food you eat and to get rid of the leftovers your body don't need it has to perform a series of steps.

- Chew in your **MOUTH** with your **TEETH** - make food smaller and start digestion, using saliva
- Swallow through the **ESOPHAGUS** - move to stomach

- Digest in your STOMACH - turn food into mush, add acid and make nutrients available
- Add Enzymes from GALLBLADDER and PANCREAS - makes fat and sugar absorbable
- Absorb Nutrients in the SMALL INTESTINES - Energy, Vitamins and Minerals move into blood stream
- Wring out water in the LARGE INTESTINES - water stays in body, other leftovers move on
- Remove Trash through ANUS - unusable and not needed leftovers leave body



Here comes today's challenge.

How long does it take for food to travel through your digestive tract? The easiest way to find out is to eat something that your body cannot digest and is easily visible in your poop. Bright yellow corn works great!

In the morning eat two tablespoons of whole corn and try not chew it too much. You can do this with your breakfast. Now keep watch and see when the first corn appears and when the last. You can also use the poop chart and note what kind of stool you have.

## The Final Outcome—Scat

### Poop Chart








morning    midday    evening

Monday			
Tuesday			
Wednesday			



# THE POOP CHART

The Bristol Stool Form Scale is a self-diagnostic chart which helps individuals discuss their bowel habits with their doctors without becoming embarrassed and is used all over the world as a measuring tool to bowel and digestive health.

- 1  → These stools have spent the longest in the colon and are often very difficult to pass. They resemble small nuts or hard lumps.
- 2  → Type two stools are shaped like a sausage but still have visible lumps. They are somewhat difficult to pass.
- 3  → These stools are also sausage-shaped and better formed than type 2, but with visible cracks.
- 4  → These stools are like a smooth sausage or snake. They are well formed and easy to pass.
- 5  → Although these stools are easy to pass, they are comprised of many soft blobs with clear edges.
- 6  → Type six stools are soft, fluffy and mushy with ragged edges.
- 7  → If you have a type seven stool, it will be almost entirely liquid with no solid pieces.

Source: [www.thealternativedaily.com/](http://www.thealternativedaily.com/) Graphics: RAJ