



BOGUS BOOGERS

Your body is always producing mucous, both in your respiratory (breathing) system and in your digestive system. Mucous helps your body can get rid of things it doesn't want or need, by holding them in a goo, so they can slide out of your body more easily. Let's find out what is actually IN boogers.

*Volunteers #1 & #2 each get a cup & spoon
Volunteer # 3 and #4 have an ounce of water
Volunteer # 5 gets a ½ teaspoon measuring
spoon and borax*

*Volunteer # 6 gets a salt shaker
Volunteer # 7 gets a pepper shaker
Volunteer # 8 gets the glue
Volunteer # 9 gets the food coloring*

So, what's in a booger? Well **water** for one thing. [Volunteers #3 and 4 pour water into the clear cups]. Boogers can be drippy or sticky, but they all have water in them.

In this (first) cup we are going to add a scoop of **borax**, this represents sugary-coated proteins in the body called MUCINS. (Hey, I bet that's where the name mucous comes from!) Everybody say, "MEW-SINS!" Remember, it's important and normal to have clear mucous! [Volunteer # 5 puts in the borax, Volunteer #1 stirs.]

Let's add a shake of **salt**, because there are body salts in there. [Volunteer #6 adds salt, V1 stirs.] Now I'm sure none of YOU have ever eaten your boogers, but we have it on good authority that they are salty, like sweat. Those salts are minerals your body uses from your food.

Let's also add a shake of **pepper** to represent dust, pollen, tiny bugs, or even -- yes -- pepper: things that irritate our bodies don't want to come in along with the air we breathe -- and cause us to sneeze, or sometimes even make us sick. [V7 adds pepper, V1 stirs.]

Over here in this 2nd cup we are going to fight off those irritants. There are cells called **immunoglobulins** (everybody say IM-MUNE-O-GLOB-U-LINS). Immunoglobulins are antibodies made by your white blood cells. They stick (like glue!) to the invaders so they can be destroyed. Let's add some **glue** [V8 adds premeasured glue, V2 Stirs] for the immunoglobulins.

Usually mucous is clear....but sometimes germs cause and infection which we will represent with this **food coloring** [V9 adds a drop of food coloring, V2 stirs].

Now, MUCIN mix? Pour the mucins into this IMMUNOGLOBULIN mix! [V1 pours mixture into V2's cup, V2 stirs]....and we have.....your body's recipe for BOOGERS! [*Hold up slimy spoon created and let everyone see it drip.*] Ewwww! If your boogers turn this color, it's probably time to see your doctor!

These are great Bogus Boogers! Just remember -- snot, snoogies, catarrh, monkeys in the chimney, smark, nose goo....whatever you call it, just don't eat it: it's just your nose's trash!