



Find out how FAST your digestive system works!

1. Eat some corn.*
2. Write down the date and time you ate the corn:

Day of the week _____ Date _____ Time _____

3. Watch your poop.
4. When you see the corn in your poop write down the date and time:

Day of the week _____ Date _____ Time _____

5. Count how many hours in between. This is how long it takes your body to digest food!

*You can also do this with beets.
They will turn your poop RED!

