

WHY DO I POOO?



WHY
DO I...?

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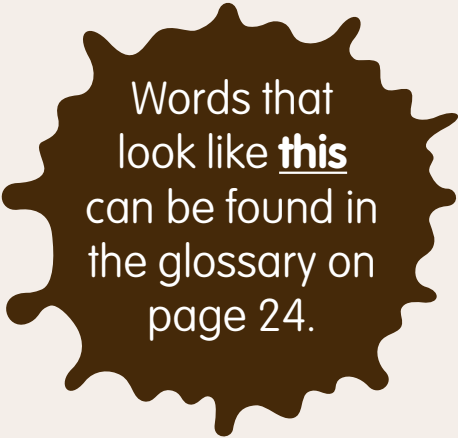


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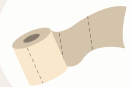
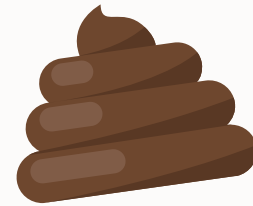


Words that look like this can be found in the glossary on page 24.

Do You Need The LOO?

Birds do it, bears do it, mice that live
under the stairs do it... everybody poos!
But have you ever wondered how?
What about why? Where does
poo come from?

And
where
does it
go?





Every day, we eat and drink. Our bodies are like clever factories – they take the good stuff out of your food, and get rid of what's left as poo (and wee)!

Food Goes In

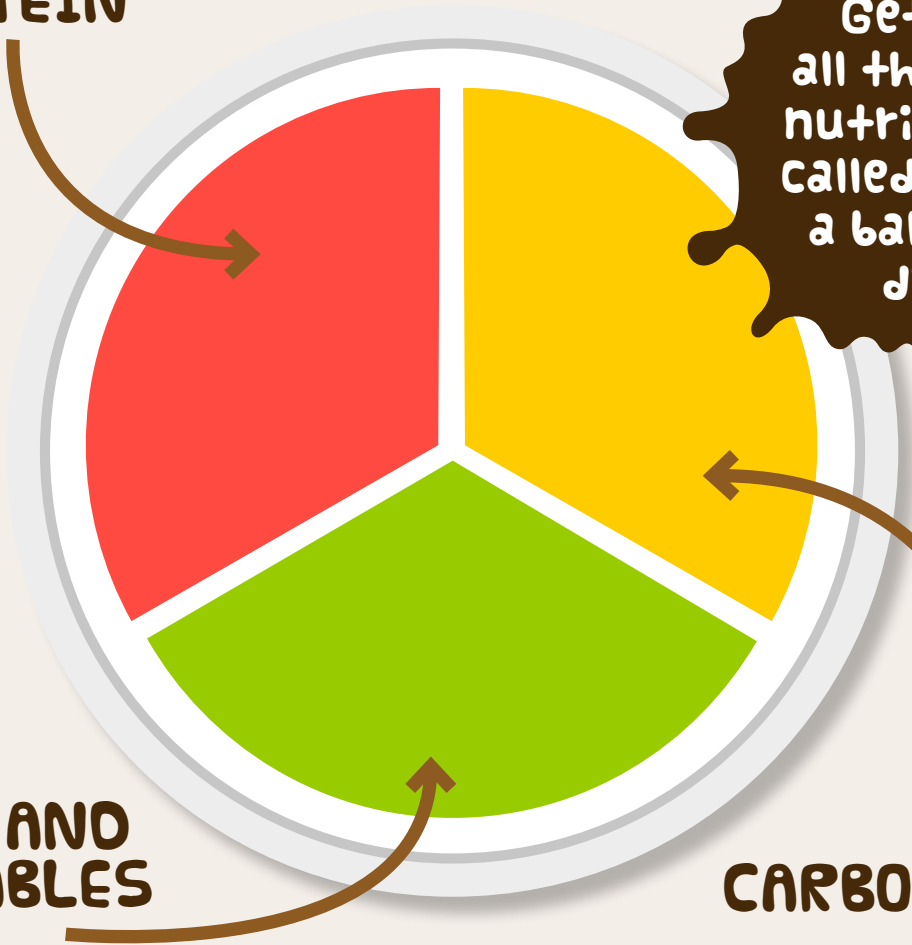
All people and animals need to eat. Food gives us **nutrients** that all living things need to survive – and we need lots of different nutrients every day.

PROTEIN

Getting all the right nutrients is called having a balanced diet.

FRUIT AND VEGETABLES

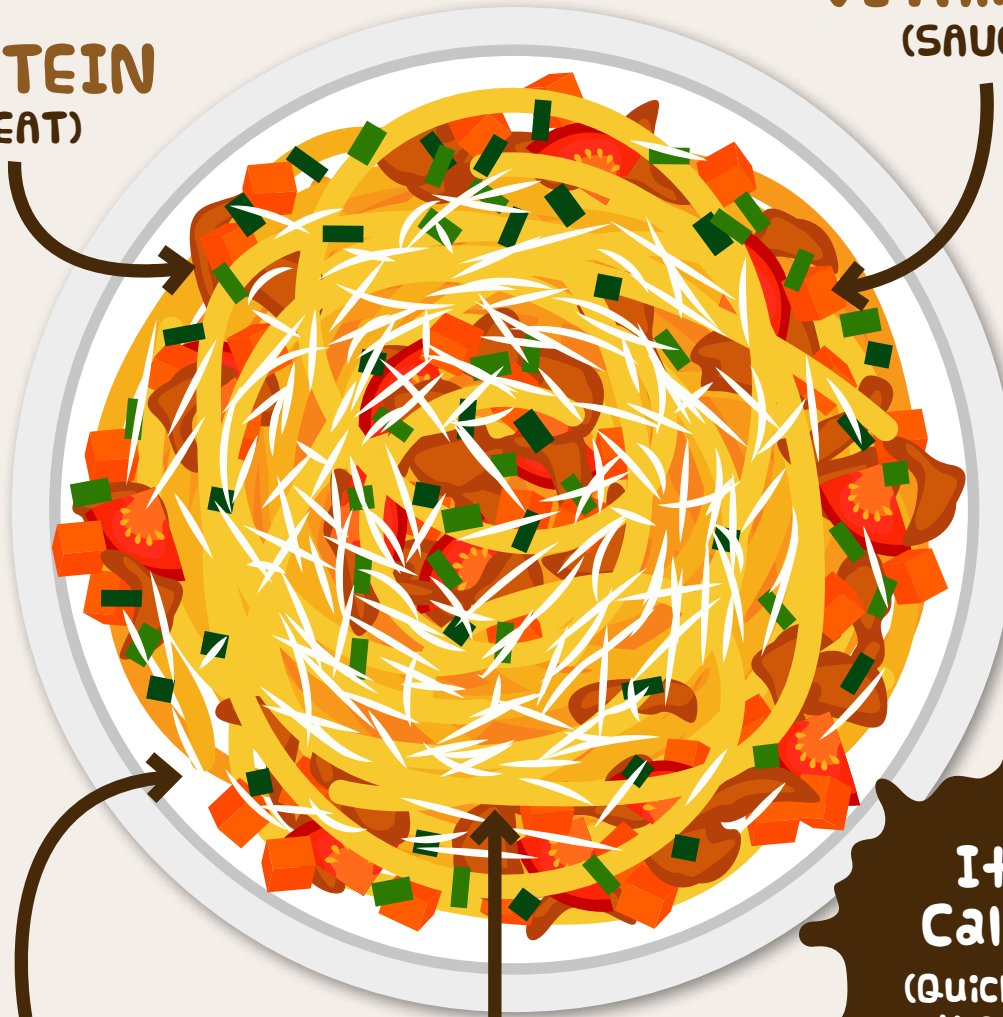
CARBOHYDRATES



Our bodies have very clever **systems** to help us get these nutrients out of our food, and to the parts of our bodies that need them.

VITAMINS
(SAUCE)

PROTEIN
(MEAT)



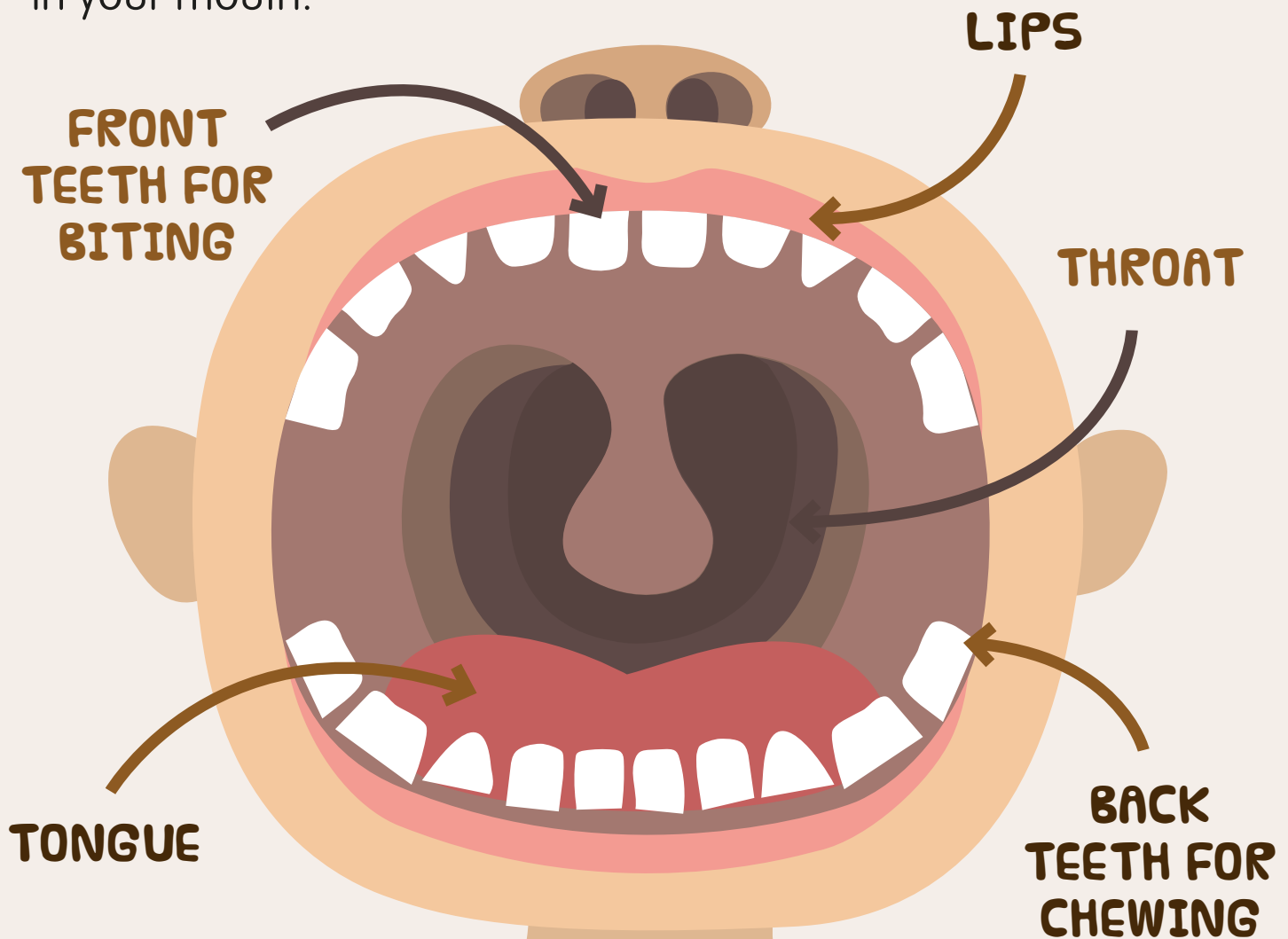
FRUIT AND VEGETABLES
(TOMATOES)

CARBOHYDRATES
(SPAGHETTI)

**It is
Called...**
(Quick, turn
the page)

The Digestive System

The digestive system is made up of lots of body parts called organs. The first organs your food meets on its journey are in your mouth.



The first thing you need to do to get all those nutrients out of your food is to chew it up, until it is mushy enough to swallow.



JOURNEY OF A POO

HOW DOES A PIZZA BECOME A POO?



STEP 1:

You eat the food, and chew it up in your **MOUTH**, and swallow it.



STEP 2:

Food travels down the **OESOPHAGUS** – special muscles push and squeeze it down, like a tube of toothpaste!

STEP 3:

The food sits in your **STOMACH** for about four hours! Special **enzymes** break the food into nutrients our body can use.



STEP 4:

In the **SMALL INTESTINE**, the nutrients are absorbed into the body and the waste is pushed into...

STEP 5:

...the **LARGE INTESTINE**, where the last nutrients are removed and the waste is squashed into...

STEP 6:
POO!

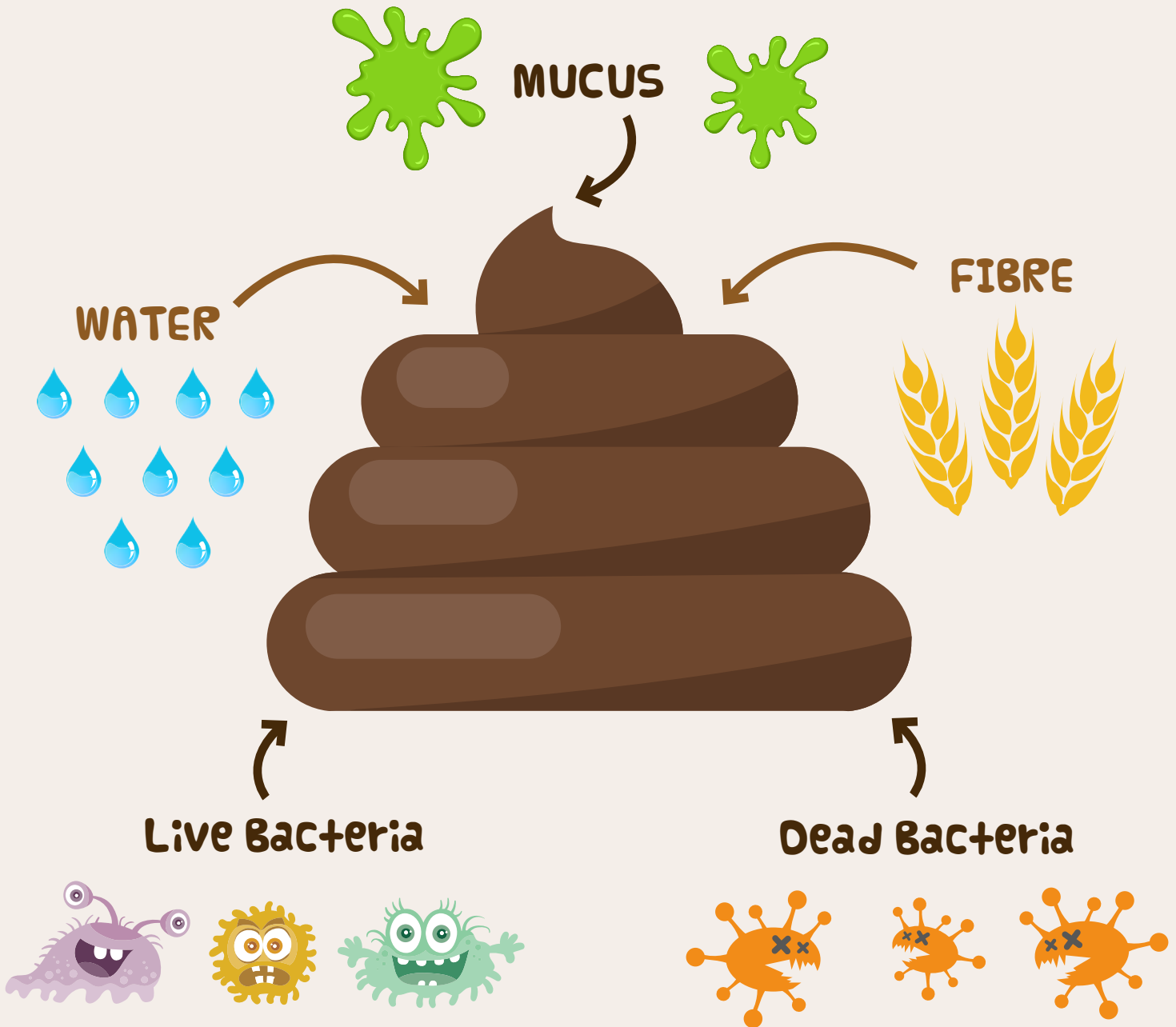
Poo Comes Out



Fibre is really good for your digestion. Good bacteria living in your gut like to eat it, and it helps your poo come out more easily.

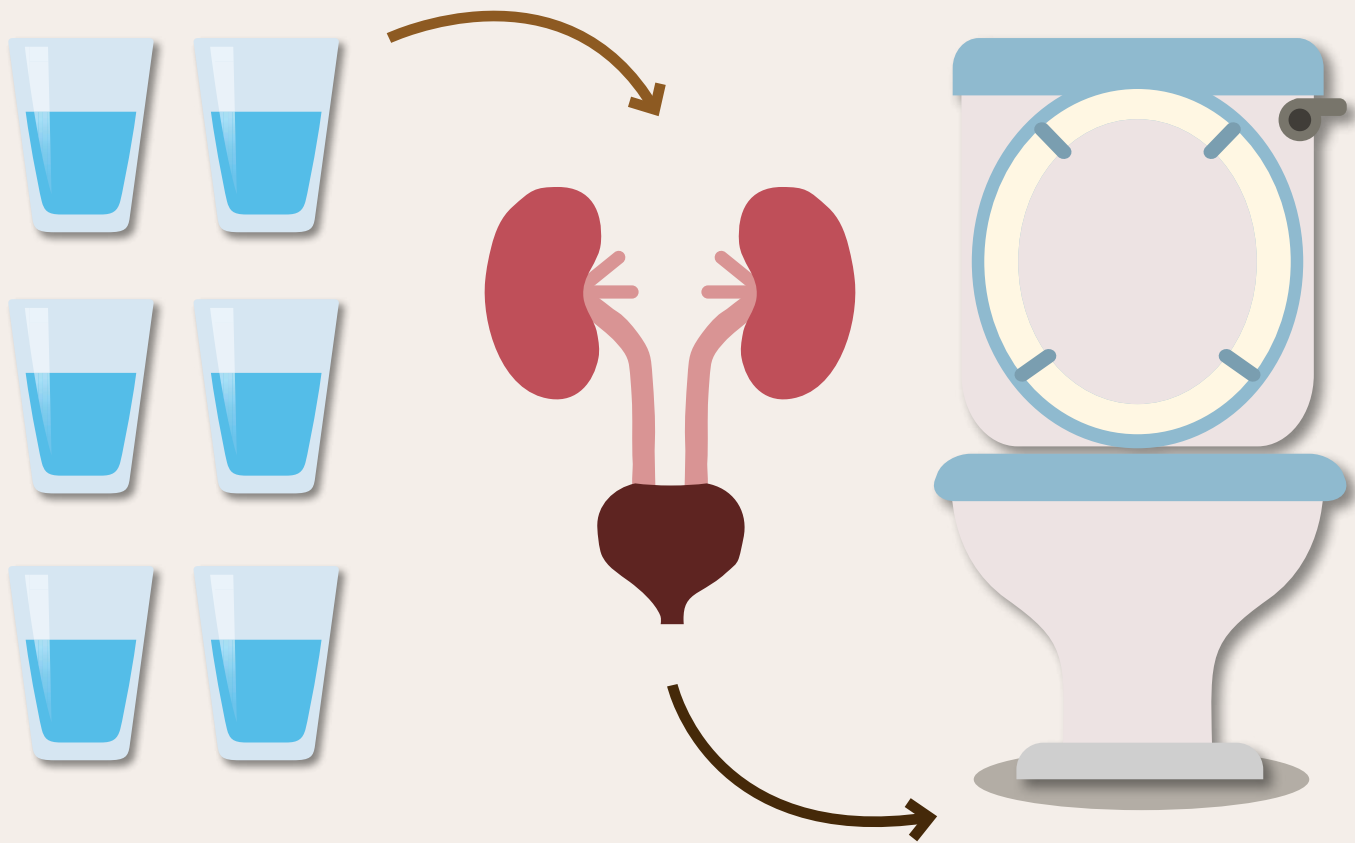
Once your body has taken all the nutrients out of your food, there is usually some stuff left over that can't be digested. This is the waste matter, and it's mostly made of fibre.

Fibre makes up part of your poo. The rest is made of water, dead bacteria (which is what makes it smelly!) and mucus.



Wee And Wind

Your poo isn't the only waste product you make.



Wee

Your wee, also called urine, is the waste liquid made by a pair of organs called the kidneys, which clean out your blood.

Wind

When you eat, you swallow some air with your food. Friendly bacteria in your gut also make gas as they break down your food. So... well, there are lots of names for this too rude for this book so we'll say... you pass wind.



This air
and gas has
got to get out
again or you'd
explode!



Upset Tummies

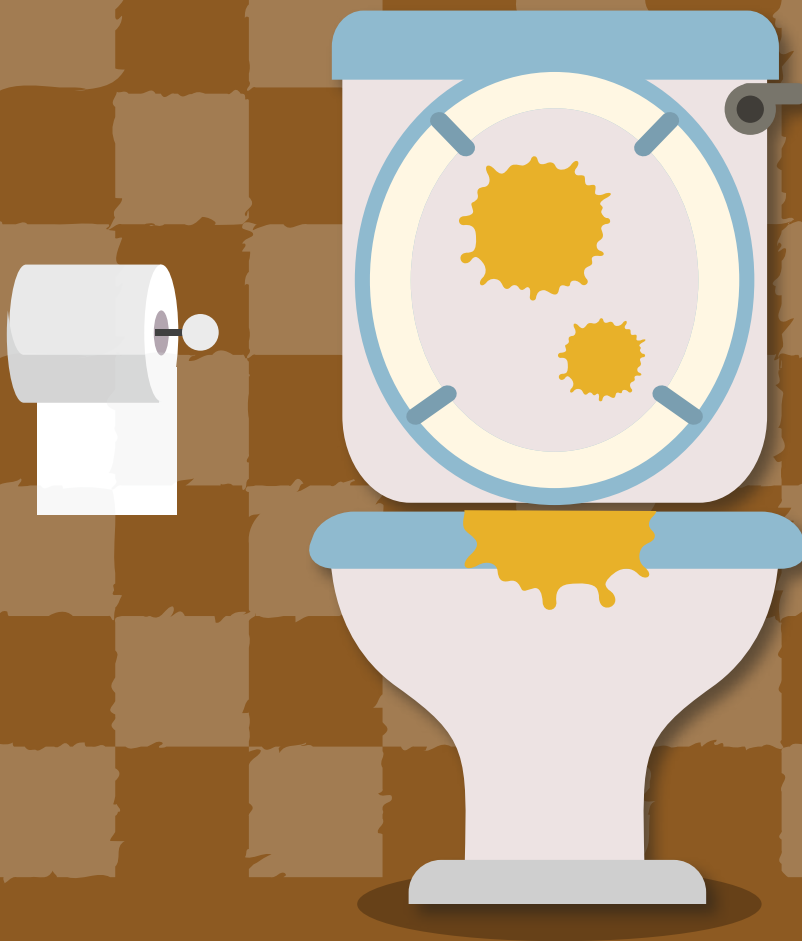
It's a poo-emergency!

If you can't do a poo at all, or your poo is very hard and hurts, this is called constipation (**SAY: CON-STI-PAY-SHUN**).



Constipation
can give you a
tummy ache.

If you need to go very **urgently**, and your poo is very watery and thin, this is called diarrhoea (**SAY: DIE-A-REE-AH**).



Both constipation and diarrhoea can be caused by lots of things. Tell the grown-up who looks after you if you have either of these and they will give you some medicine to help.

Rate Your Poo!

Poo comes in lots of different shapes and sizes, and even colours! We can tell a lot about our health from our poo. Let's see what we can find out...



Hard Little Pebbles:
Severe Constipation.



3.



Little Cracked Sausages: Mild Constipation - Drink More Water.

4.



Soft Blobs: Your diet needs more fibre to hold your poo together.

5.



Don't touch your poo, and always wash your hands after going to the toilet!

Mushy and Squishy: Mild Diarrhoea.

6.



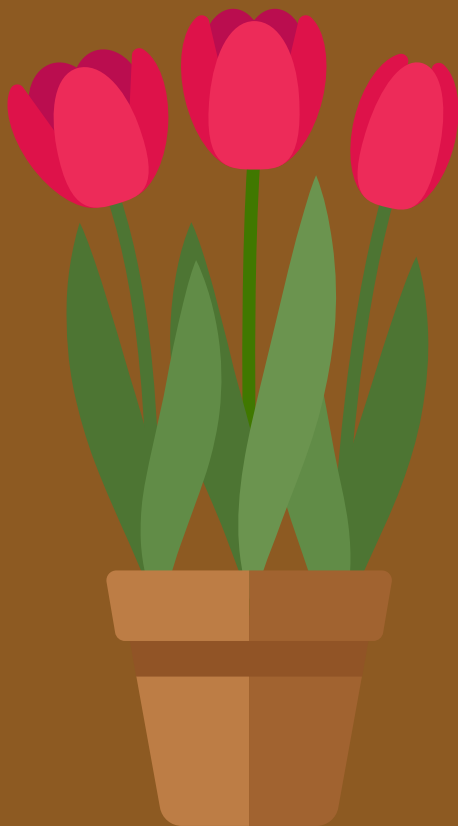
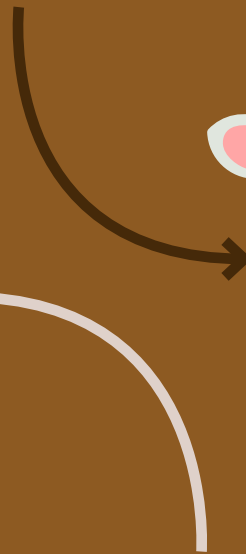
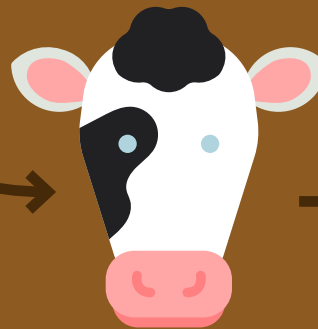
Liquid: Severe Diarrhoea.

This is called the Bristol Stool Scale. Stool is a word doctors use for poo!

Super Poopers!

Poo Power!

Poo gives off methane, a gas which can be burned to produce energy and power our homes!



Grow Your Own!

Animal poo is a natural **fertiliser** that helps plants to grow.

Drive a Bus!



In 2014, the first poo-powered bus hit the streets of the UK. It uses human waste to create methane gas, and runs on the number 2 route.



Poo Paper!

Poo has a lot of fibre in it, so in some places it's made into paper! Elephant poo, sheep poo... even panda poo!

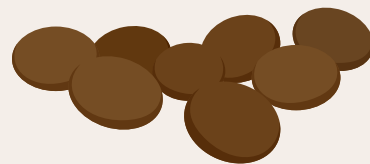
Whose poo?

Can you match the poo to the pooper in this stinky quiz?

1.



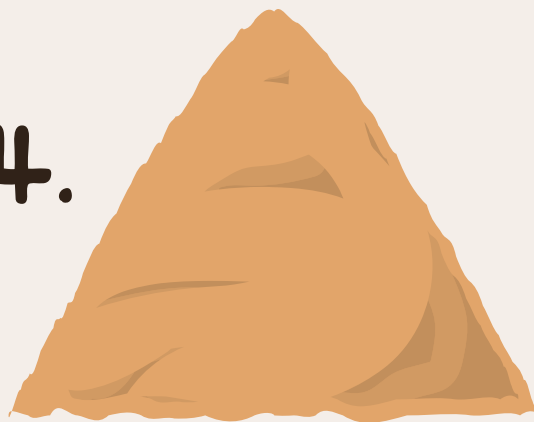
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3.

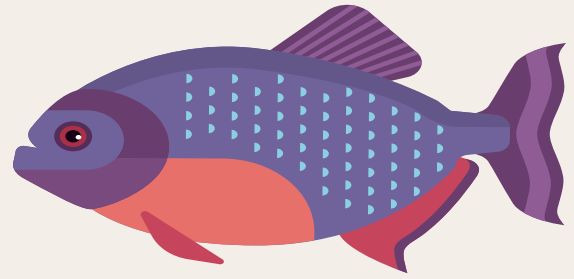


4.





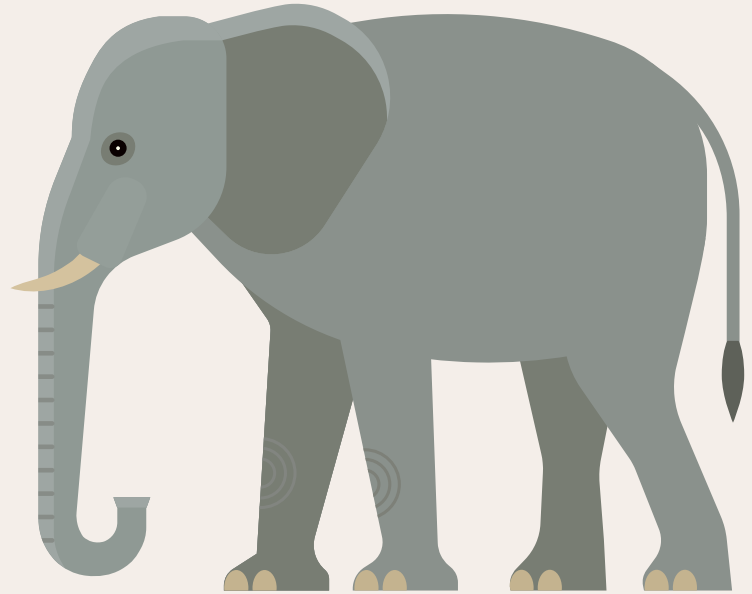
Rats sometimes eat their own poo! (Don't do this! Yuck!)



Parrot fish eat so much coral that they poo out sand!



Owl poo is called a pellet and we can find out a lot about the owl's prey by looking inside for bones!



Elephants can make between 35 and 135 kilograms of poo a day!

Answers: Poo 1: Elephant; Poo 2: Rat; Poo 3: Owl; Poo 4: Parrot fish.

Glossary

enzymes	substances made by living things that help the body in lots of ways, such as by breaking down food
fertiliser	substances added to crops that help them to grow
fibre	the tough part of a plant that can't be digested
mucus	a slimy substance that helps to protect and lubricate certain parts of the human body
nutrients	natural substances that people need in order to grow and stay healthy
prey	animals that are hunted by other animals for food
Saliva	the liquid made in the mouth to help with digestion and tasting
systems	sets of things that work together to do specific jobs
urgently	needing immediate action or attention

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WHY DO I POO?

From smelly poos to dribbly goos, bloody squirts to growing spurts:
bodies are amazing – and disgusting!

Have you ever wondered how a pizza becomes a poo?
What turns bogies black? Why do you need to trim your toenails?
Find out about farts, hearts and itchy parts in this weird and
wonderful look at the body's super systems.



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