

Centre of the Cell's 'Gut Feeling' Challenge










How does digestion end?

You definitely are familiar with the final product of digestion: Poo! The scientific term for poo is **faeces**. Doctors and nurses will also say **stool**. Your faeces is formed as the food you eat is broken down in your **gut** (or **bowel**). **Your gut includes all the organs that food passes through after your stomach during digestion.** Your faeces can reveal key information about the health of your gut and your friendly gut **bacteria**, which help to break down your food.

How do I know if my stool is 'healthy'?

The **Bristol Stool Chart** is used by medical professionals as way of classifying human faeces to find out whether a patient's gut is working properly. 'Normal' stool represents a healthy gut.

	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

What is the best way to keep my gut healthy?

It is important to have a healthy, balanced diet. There are **7 nutrient groups** that make up a balanced diet. One of these groups is **fibre**. Fibre is essential for maintaining a healthy gut and normal stool, even though we cannot digest it! **Fibre prevents constipation and is a source of nutrition for our friendly gut bacteria.** Water is also essential for ensuring digestion runs smoothly.



Over to you for some research!

List 10 foods that are high in fibre:

How much fibre does the NHS recommend per day for a person your age?

Find out the amount of fibre in three foods in your kitchen cupboard. You do this by reading the label.

Food	Amount of fibre per serving

When trying to calculate how much fibre you have eaten:

- First, check the size of **1 serving of the food**
- Calculate how many servings you have eaten
- Find fibre (fiber on some labels) on your ingredient list
- Multiply the amount of fibre by the number of servings you have had

Nutrition Facts

Serving size 100 grams

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 3.27g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 54g	193%
Total Sugars 0g	

Includes 0g Added Sugars **0%**

Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 419mg	30%
Iron 6mg	35%
Potassium 961mg	20%
Magnesium 243mg	60%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

My stool diary

Use the Bristol Stool Chart to keep an accurate record of your stool for a whole week.

Day	Stool type	What fibre did I eat? How much?

If your stool is consistently out of the 'normal' category we advise you share this information with a parent/carer.

Do you notice any relationship between the amount of fibre you ate and the type of stool you produced?

Extension activity:

Create a glossary for all the keywords highlighted in **brown** throughout this activity.

Let us know how your
challenge goes on social media
@CentreoftheCell!