

It Takes Guts

Do you like science? Do you like biology? Have you ever wanted to learn how the journey of food goes from your mouth to the other end? Be warned as reading this article takes guts.

It takes guts is a live action science show that recently visited the Whitehaven academy. This show sure does take guts, follow a journey of the food from your mouth to the acid bath in your stomach then to meter after meter of pulsating guts and out the other end. The show was interactive, friendly and fun and especially turns your stomach.

During the show we were introduced to Pete Woolaghan who taught us about the React Foundation. The React Foundation is highly praised for its volunteers who inspire “lightbulb moments” in young people. So, if you’re interested in having a career in science then you can find more information at <https://www.reactfoundation.org.uk>

We were soon introduced to Mars who would be taking us on this wild and queasy adventure, our first stop was learning about the nutrients in our foods such as glucose (sugar), fats, carbs, proteins and minerals. Many might think that fats are bad for our body but that’s not entirely true, foods such as nuts, fish and avocados are good fats for our body! To demonstrate this, we burned a “big ball of fat” which was a candle! You might be thinking, how does a candle represent a big ball of fat? Well the wax in candles is indeed a type of fat and when burned it lets off energy, fire, light and heat just how the food in our body creates energy for us!

We then moved onto carbs and we were all amazed by what we witnessed, we used flour to represent the carbs and we can all surely say it was a surprise we didn't expect! Mars blew into a tube which blew the flour up into the gas flames and the flour erupted into flames. Most of the student were surprised the fire alarms didn't go off!

We then moved on to learn about all the different vitamins and why our body needs them along with what will happen if we don't get enough with them. That was followed by...well...pictures and I don't think you would like an imagery of that floating around in your head.

Fun Fact: Our bodies are made up of 80% water!

We learnt about the enzymes in our bodies to learning about our teeth and their jobs. Infact, speaking about enzymes...did you know that if you chew some bread in your mouth for long enough your enzymes will react to it and make it taste sweet? Go ahead and try it! Now onto something that might make you want to look away we went through real footage of the digestive system, the hall was filled with bawking and laughter.

The show was interactive and many of the students volunteered to take part. So, if you are looking for a stomach churning, revolting but fun experience then you might want to take a trip to London's Science Museum where you can take on the role of being a true science whiz. Be warned though as only those who have guts can witness this experience. After all, it takes guts.

Report from Courtney-Leigh A