

“It takes guts”

It takes guts is a 45-minute live science show, that is hosted by the “Science Museum” in London. The show can be rented and brought to different schools all over the UK and we had the good fortune of having them here at the Whitehaven academy. The main actor was a person called “Mars” who would make it interactive throughout, with questions such as “does anybody know what vitamin comes from oranges?”

When we were first gathered into the hall, we saw on the board a sign that says, “it takes guts.” When we first entered, we were unsure it would be exciting or just another scientist trying to make shows “fun.” It ended up diverting our expectations by a mile.

The show not only was fun, but we were gladly surprised about how unchildish they made it, rendering it for an older audience.

The show

The show was first introduced by a man named “Pete Woolaghan,” Part of the “react” foundation, a charity that inspires young people to pursue science as an occupation.

It started with our performer “Mars” who reassures us that this was the best show that the science museum had to offer and was backed by “RWE” their number one supporter.

She went on to explain to us about why we need to eat different things we can find in food, such as the label on the back which explains glucose, fats, protein, and minerals. Although too much fat can lead to obesity and heart problems, not all fats are bad. We need fats to act like an insulator in our bodies, because if we do not have enough fat, then our body substitutes hair around our body.

Then, we learnt about how fat can be used in unusual ways such as candles are just a big ball of wax. Once set on fire we were educated about how it produces fire, lights, and energy, that are all released from the candle.

We got to witness an experiment, in which Mars put flour in a tube, leading to a flame, in which she blew the flour into. The flour spurted out the top, causing it to set fire and flames burst across the front. This was an example

of how a fast-acting release rather than a slow acting release demonstrated by the candle.

Later, we were asked about fruits and which vitamins were in them:

Oranges have a good source of vitamin C, which without can lead to the disease scurvy. Carrots have vitamin A, which can affectively let you see in the dark. Ever been told you can see in the dark if you eat carrots, that is true. Finally talked about milk and spinach, which have calcium and iron, calcium helps your bones and an iron deficiency which can lead to anaemia.

Bran flakes are a good source of fibre which keep you... regular...

We went on to talk about the digestive system, starting with the mouth, then leading to the oesophagus. She talked of saliva in the mouth which we then had a bottle labelled "saliva." There were screams, there were laughter's, it was all very enjoyable.

We then learnt about the other parts of the body which we got to see a camera inside of. This led to a lot of people feeling sick, considering we had lunch, straight after...

In conclusion, the science show is amazing if you are a fan of biology, or just want a good laugh! You could even visit the science museum where you, yourself can be a junior scientist!

Report from Jack C