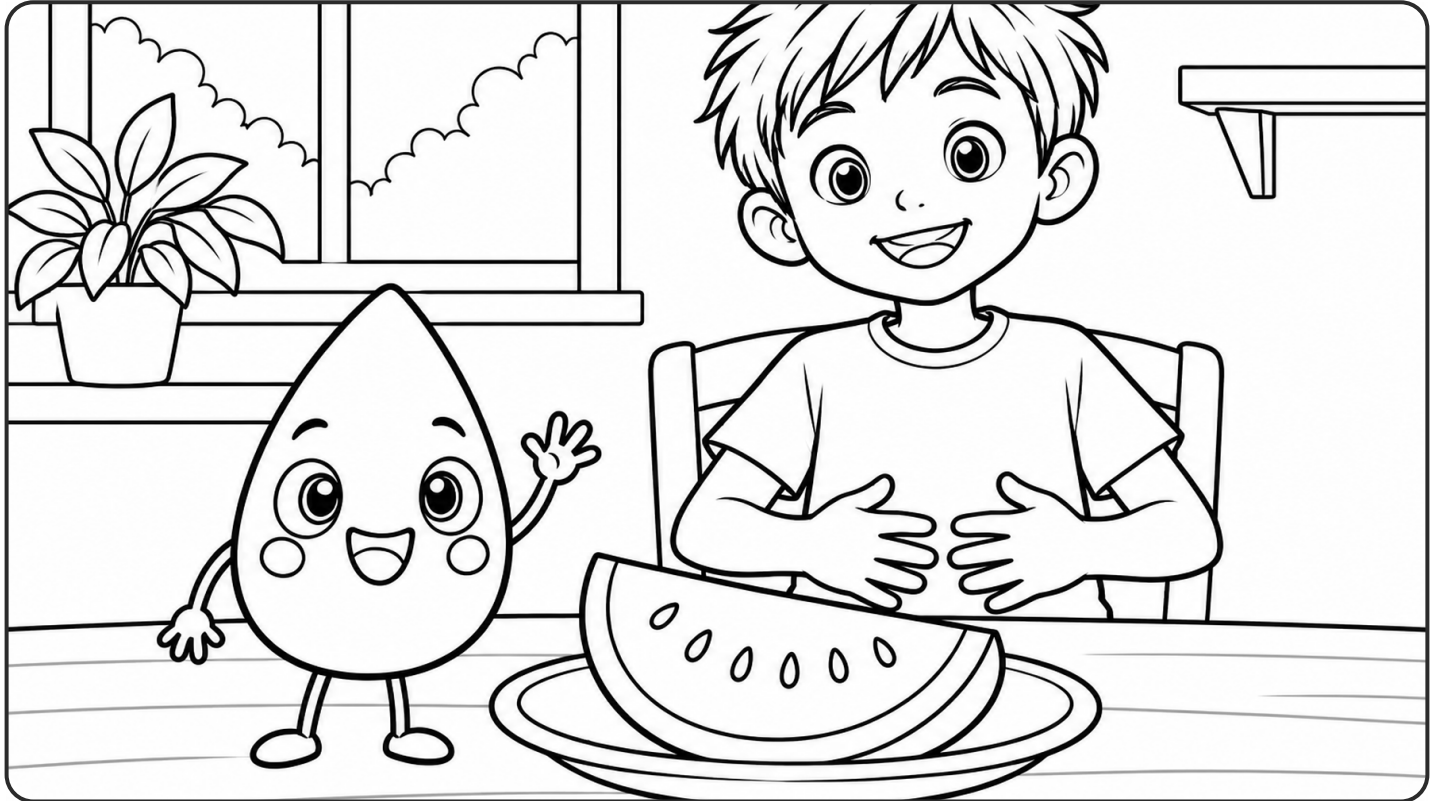


Why does my tummy growl?



The room is very quiet. Then, all of a sudden: grrrr! Your tummy growls, and everybody can hear it. Why does your tummy growl?



Why?

1. Inside you there is a long, soft tube, and its walls are muscles.

Everything you eat and drink travels along it. The muscles squeeze, one part after another, and push everything along. It is like squeezing toothpaste out of a tube.

2. In there are liquid and bubbles of gas.

Most of the gas is air you swallowed while you were eating and talking. When the muscles squeeze liquid and gas along together, it sloshes and gurgles. That is the growl! It is like the glug, glug sound when you pour water out of a bottle.

3. An empty tummy growls the loudest.

When your tummy is full, the food soaks up the sound, like a pillow over a noisy toy. When it is empty, there is nothing to soak up the sound, so the growl gets nice and loud.

Try it! Count the gurgles

You need: someone in your family who says yes

1. Ask someone in your family if you can put your ear on their tummy.
2. Stay very quiet and listen for one whole minute. How many gurgles can you count?
3. Try again after dinner. Is it louder, or quieter?

What happened? Food soaks up the sound, like a pillow.

With less food inside, there is less to soak it up.

Video + more questions:
whywhywhykids.com/tummy



scan with a grown-up