

Catch The Reading Bug 2007 – Week Two

Sub-theme: Grossology

Title: **Gross Me Out!**

Age: 10 - 12 years

Duration: 1 hour

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Materials/Supplies:

- plastic forks and spoons
- paper plates
- Jug of water
- napkins
- paper & markers to keep track of points

Procedure:

Choose some of the following books and activities that work with your setting and supplies.

1. Give a brief introduction to grossology facts: pimples, sweat, burping, farting, bugs, etc.
<http://www.whitakercenter.org/science/GMO/Grossology/GMOGrossFacts.asp>
2. **Do the 'Gross-out' Quiz:**
<http://yucky.kids.discovery.com/quiz/index.html>
<http://www.cnn.com/interactive/tech/0506/quiz.grossology/content.1.html>

3. **Try some Revolting Experiments:**

A) BELCH MODEL

Ingredients:

- vinegar
- baking soda
- large balloon
- funnel

Directions:

If you do this over a sink or big bowl, there is much less cleanup at the end! The balloon represents your stomach. Put some vinegar into the balloon to represent stomach acid. Use the funnel to add baking soda. The reaction represents what happens when your stomach digests food and produces gas. Pinch the balloon neck closed with your fingers—this represents a sphincter between your esophagus and stomach. Watch the balloon stomach fill with gas. Release the sphincter to let the gas go in a belch.

B) HOMEMADE STENCH QUENCHERS:

Ingredients:

- 4 resealable bags
- Tablespoon
- Baking soda
- Cornstarch
- Talcum / Baby powder



Directions:

- Into the 1st bag, measure 2 tbsp of baking soda. Label the bag “baking soda”
- Into the 2nd bag, measure 2 tbsp of cornstarch. Label bag “cornstarch.”
- Into the 3rd bag, measure 2 tbsp of talcum powder. Label bag “talcum powder.”
- Into the 4th bag, measure 1 tablespoon each of baking soda, cornstarch, and talcum powder. Label the bag “combination.”
- Have teens wash their armpits.
- Have the teens check their armpits for smell at the end of the program.
- Using a scale of 1 through 5, with 1 as “very excellent” and 5 as “it just doesn’t work.” Record their rating on the baking soda bag.
- Tell the teens to repeat the daily procedure for the remaining homemade deodorants each day.
- Which deodorant worked best for them?

C) PLAQUE CHECK

Ingredients:

- Toothbrushes
- Toothpaste
- Disclosing tablets available from our dentist or at most drugstores)
- Water

Directions:

- Teens brush their teeth normally
- Chew a disclosing tablet
- Use water to swish the dye juice around in mouth
- Look in the mirror and smile
- The disclosing tablets stick to the plaque where you didn’t brush
- Imagine seeing 20 teens with pink teeth – eew, gross!
- To remove the table stain and the plaque you missed the first time around – brush your teeth again.

4. Play some Gross Games:

A) **SPINNING WHEEL GAME:**

Make a wheel that spins. Each space on the wheel represented different gross foods that each teen will eat if they are up to the challenge. Each teen takes a spin. Examples of gross foods: Ants on a Log (celery, peanut butter, and raisins), gummy worms, gummy snakes, gummy eyeballs, etc.



B) CREEPY COMPOST:

Kids pass around buckets of 'compost' while music plays. If they are stuck holding the bucket when the music stops, then they have to take a bite of the compost. Don't tell the kids, but the compost is really cold, slow-cooked oatmeal, and any other deliciously gross foods (i.e. gummy worms, gummy eyeballs, raisins).

C) WORM OR SLUG RACING:

Get worms at a bait shop and draw a circle on a round pizza cardboard. Put the worms down in the middle and spray them with water. Watch them race. Each teen cheers on their worm!

D) GROSS GOODIES ON A ROPE:

Put large-sized donuts on a rope (not tidbits) that has one end tied to the wall. Hold the other end while the teens take turns trying to eat the donut off the rope without using their hands. Obviously you have a new donut for each teen. If they eat more than half, the teen gets a point for that round. Afterwards, have increasingly harder rounds. For example the next round might include eating a sardine, canned turnip greens or limburger cheese on a cracker. All the foods should be edible. Other foods could include sauerkraut, beets, pickled eggs, ice cream topped with above items etc. The teens get a point for completing each round. If they act sick or their behavior is too disruptive, they cannot continue. The one with the most points at the end is the winner.

E) GROSS EATING CHALLENGES: 3 kids sitting at a table with a plate of 1 edible gross food in front. First one to finish eating wins. Try tarantula gummies, worm/snake gummies, and/or cow's eyeball gummies. Watch the kids cheer their team members on.

5. Gross Recipes for treats:

A) AMAZONIAN SPIDERS

Ingredients:

- Ritz crackers (or round cookies)
- Thin pretzel sticks (or strings of licorice)
- Mini M&M's (optional)

Frosting Directions:

Spread frosting on a Ritz. Stick pretzel sticks around the edges, so they stick out of the cracker sandwich (spider legs). Top with another Ritz. Place a mini M&M for eyes with frosting.

B) INCH WORMS

Ingredients:



- Green grapes for body
- Swiss Cheese for feet
- Carrot for antennas

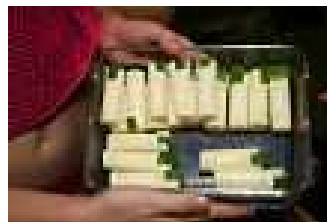
Directions:

1. Cut a thin slice of Swiss cheese about 1 1/2" wide by 3" long for the feet. Cut notches into both long sides of the cheese to form feet.
2. Cut a thin slice off the long side of 3 grapes and one larger grape so that they have a flat side to rest on the cheese feet.
3. Place the three smaller grapes in a row on the cheese feet.
4. Poke two holes in the larger grape where the antennas should go. Cut two slivers of carrots and stick in holes to form antennas.
5. Place the larger grape head in front of the row of grapes.

C) CORPSE FINGERS

Ingredients:

String Cheese
Almond slices & salsa
Green icing



Directions:

Use a piece of string cheese. Place a sliced almond on the end of the cheese to make the fingernail. You can dab a bit of salsa on the end to be blood or just have the salsa for dipping.

D) BUG BLOOD PUNCH

Ingredients:

- Two large cans Hawaiian Fruit Punch
- 2 Liter ginger ale to a large punch bowl
- Bug ice cubes (*found at dollar stores/joke stores*)



Directions:

1. Mix the Hawaiian Fruit punch & 2 liters of Ginger Ale together in punch bowl.
2. Add bug cubes

E) EARWAX Q-TIPS

Ingredients:

Mini Marshmallows
Pretzel Sticks
Melted Butterscotch for dipping

Directions:

Stick miniature marshmallows on the ends of pretzel sticks and then dip the marshmallows, about half way, into some melted butterscotch.

Resources:

Books:

Branzei, Sylvia. Grossology.

Branzei, Sylvia. Grossology Begins at Home.

Branzei, Sylvia. Hands-On Grossology : The Science of Really Gross Experiments.

Branzei, Sylvia. Virtual Grossology.

Busyby, Cylin. "One Large Rat Juice" from The Chicken Fried Rat.

Cobb, Vicki. Follow Your Nose.

Dahl, Roald. Revolting Recipes.

Goode, Diane. "My Big Toe" from Book of Scary Stories and Songs.

Hauser, Jill Frankel. Super Science Concoctions.

Masoff, Joy. Oh, Yuck! : The Encyclopedia of Everything Nasty.

Porter, Cheryl. Gross Grub.

Scieszka, Jon. Stinky Cheese Man and Other Fairly Stupid Tales.

Solheim, James. It's Disgusting and We Ate It!.

Szpirglas, Jeff. Gross Universe : Your Guide to all Disgusting Things Under the Sun.

Websites:

<http://www.grossology.org>

<http://www.flint.lib.mi.us/fpl/grossology/index.shtml>

http://www.grossologylive.com/Grossology_LIVE_955c815ad028b130.html