**Banana sandwich**

Follow the instructions to demonstrate how a banana sandwich is digested.

### What you need:

- banana and chocolate spread sandwich
- plate
- fork
- knife
- potato masher
- soapy water
- syrup (coloured red)
- small bottle
- spoon
- plastic food bag
- lemon juice or vinegar (coloured green)
- pair of knee-high tights or ‘pop socks’
- vinyl gloves
- bowl
- scissors

### What to do:

1. Make a banana and chocolate spread sandwich.
2. Cut the banana sandwich into small pieces using a knife and fork.
3. Mash the sandwich using a potato masher.
4. Add a small amount of soapy water to the mashed sandwich.
5. Spoon the mixture into the plastic food bag.
6. Add the lemon juice or vinegar.
7. Squeeze the bag to mix the ingredients together.
8. Spoon the mixture into a knee-high tight or ‘pop sock’.
9. Squeeze the liquid out of the mixture through the tights and collect it in a bowl.
10. Cut a hole in the end of the tight leg and squeeze the food mixture out.