

Activity: Fake Diarrhoea

On SCOPE's Gross Science episode, you saw Julia make fake diarrhoea. Here's how she did it:



What you need:

Chocolate pudding mix

Milk

Mixing bowl

½ cup measure

Whisk

Wooden spoon

Blunt knife

Things to make your fake diarrhoea chunky (like marshmallows, wafers and shredded coconut)

What to do:

1. Empty the packet of chocolate pudding mix into the mixing bowl.
2. Add the milk. Check the back of the packet to see how much is needed.
3. Whisk the pudding mix and milk together to make a thick gel-like mixture.
4. Cut up your chunky ingredients.
5. Add ½ cup each of your chunky ingredients.
6. Stir all the ingredients together.
7. Now your fake diarrhoea is ready to be eaten and used to gross out your friends and family!

What's happening?

Diarrhoea is caused by irritation in the intestines. When this happens, the body's waste moves through the bowels too quickly, so water cannot be absorbed into the body and everything comes out a bit sloppy!

The real stuff is made from water, dead bacteria, things that we can't digest like fibre, as well as a mixture of proteins, salts and fats. The ingredients of the fake diarrhoea are of course very different!

The main part of the fake diarrhoea was the chocolate pudding mix and when the milk was added, it became a thick gel-like mixture. This type of mixture is called a colloid which means it is a substance where particles are suspended in a liquid. Other colloids include jelly and glue.

Thanks to the cocoa in the pudding mix the fake diarrhoea was the traditional colour of brown, but poo can be other colours thanks to an illness or simply if you eat a lot of brightly coloured things, like beetroot or food colouring.

Poo stinks because of bacteria action in the gut. Bacteria help to digest food but at the same time produce smelly compounds and gases like hydrogen sulphide which give poo its gross smell! Luckily, the fake diarrhoea had a nice chocolatey smell! Happy eating!