



Disgusting dining

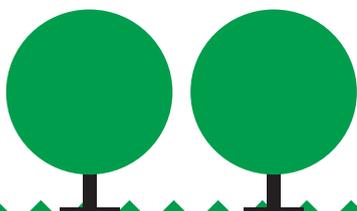
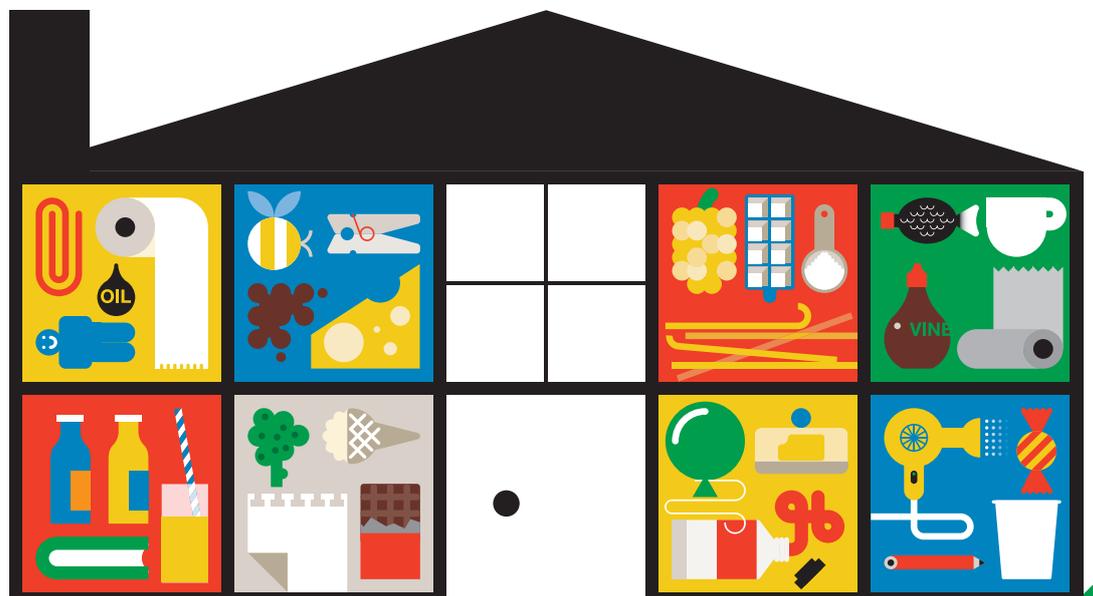


The activity

Make edible poop.

ExpeRiment with the emotional state of disgust.

Learn how emotions can be affected by knowledge and experience.





What you'll need

Special materials

You can serve up in a nappy or on some toilet paper for extra disgust. We highly recommend using clean ones though!

- Four Chewy chocolate bars
- A good squirt of golden syrup
- Six of your favourite biscuits, crushed
- A small handful of dried fruit (optional)
- Bowl
- Spoon
- Rolling pin
- Plastic bag
- Microwave

What to do

Being safe

You should always be careful when preparing food. Wash your hands first and be careful when using knives and the microwave. Also take care not to handle the chocolate mixture when it is still hot.

Introduction: Talk to your child/children about emotions, you can use some of the suggested questions below to get them thinking.

You should highlight the emotion of disgust, and if you have already made some, you can horrify them by happily eating some poo.

Activity: To make the poo, cut your chewy chocolate bars up into chunks and, using the plastic bag and rolling pin, crush up your biscuits.

Place the chocolate chunks into a microwave safe bowl and add a good squirt of golden syrup. Microwave this for 30 seconds, then stir. Repeat this process until the chocolate is completely melted.

Pour the crushed biscuits and any dried fruit you're using into the melted chocolate and stir until everything is coated and coming together.

When the chocolate mixture is cool enough to handle, take a lump and roll it into a poo shape.

You now have edible poo to horrify your friends and family with.

Follow up: Talk to your child/children about why they are not disgusted by these particular poos, while others are.



Questions to ask children

Before the activity:

What emotions do you know? (You can download some emotion cards at rigb.org/ExpeRimental)

How can you tell when someone feels happy, sad, etc.?

What makes you feel happy, sad, etc.?

After the activity:

Do you feel disgusted by this? If not, why not?

What is different about this poo and real poo? Is that important for how it makes you feel?

How would someone who didn't know what this was feel when they saw it?

The science

Going Further

It can be fun for your child/children to have the opportunity to show this edible poo to someone new, who will still be disgusted by it. As well as a joke to play, it can also get the kids thinking about how people's differing experiences will affect their responses to things.

While many emotions feel like they can be irrational and hard to control, disgust is one that is informed by knowledge. If you know, or at least believe, that something will make you ill you will be disgusted by it.

Because you know poo will contain bacteria you are disgusted by it, and that response protects you. However, before humans understood disease carrying bacteria people were not as disgusted by our own waste as we are now. At the other end of the scale, if someone believes that all things are covered in bacteria that will make them sick they will be disgusted by everything, which can result in some extreme behaviours.

In this activity you have become more informed about the poo. At first, maybe believing it to be real poo, you would assume that it was covered in bacteria and hence be disgusted. However, as you make it, your knowledge of the ingredients and edible qualities of the poo mean you are happy to eat it. You have unlearned your disgust, or more accurately learnt that there is nothing to be disgusted by in this exact situation.