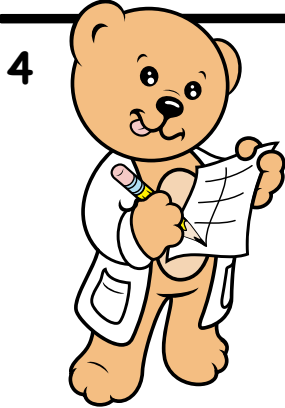


Do a “Healthy Heart”
Experiment with
Phizzy the Physiology Bear!

www.PhUnWeek.org



Materials

1 coffee stirrer (hollow), 1 drinking straw, scissors, watch or timer with second hand, mug or cup, pencil or pen, 1 cup (250 ml) liquid to drink (water, juice, milk), tablespoon or medicine cup measure

Procedure

- Put the coffee stirrer into the cup or mug. Make sure that the coffee stirrer reaches the bottom of the cup while you use it as a straw to drink liquid from the cup. If it is not tall enough, get a shorter cup or a small bowl to use instead. Use the scissors to cut the drinking straw so it is the SAME length as the coffee stirrer.
- Measure 60ml (4 Tbl.) of the liquid into the cup.
- Start the timer and use the coffee stirrer to suck up and drink all of the liquid from the cup. Be sure you drink until you reach the bottom of the cup. Do it as quickly as you can but only suck the liquid through the coffee stirrer. Stop the timer as soon as the liquid is gone.
- Record the amount of time it took to drink the 60 ml of liquid on the table on the Trial #1 row.
- Repeat steps 2-5 again but this time use the drinking straw to suck up the water.
- Repeat steps 2-5 two more times so you have run each experiment three times. Fill in the Trial #2 and #3 rows.
- When you have recorded your data, go to the APS Physiology Understanding Week website (www.phunweek.org) and share your findings with other APS Junior Physiologists. Then try the other online experiments!

	How many seconds did it take to suck up and drink the liquid?	
	Through the coffee stirrer	Through the drinking straw
First try (Trial #1)	_____ seconds	_____ seconds
Second try (Trial #2)	_____ seconds	_____ seconds
Third try (Trial #3)	_____ seconds	_____ seconds
Total (add all three trials)	_____ seconds	_____ seconds
Average (divide the total by 3)	_____ seconds	_____ seconds

Share your findings!

Come to www.PhUnWeek.org
Click on Phizzy.
Add your findings and see what other kids found in their experiments!

