

Why do we fart?



Sometimes a little puff of gas comes out of your bottom. It is called a fart. But where does that gas come from? Why do we fart?



Why?

1. First of all, everybody does it!

Kids, grown-ups, grandmas, teachers, even dogs and cows. Most people do it more than ten times a day!

2. Some of the gas is air you swallowed.

Every time you eat, drink or talk, you swallow a little bit of air. Some of it comes right back up as a burp. The rest keeps traveling, all the way through the long tube inside your tummy.

3. The rest is made by tiny helpers in your tummy.

They are called bacteria, and they are much too small to see. Your body cannot break down every bit of your food by itself. So the helpers munch the tough bits and turn them into things your body can use. While they work, they make gas.

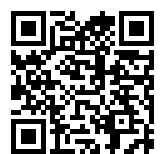
Try it! Listen to yourself swallow

You need: a glass of water and a straw

1. Drink a glass of water slowly, and listen to yourself swallow.
2. Now drink through a straw, or drink while you talk.
3. Do you swallow more air that way?

What happened? Eating slowly, with your mouth closed, means less air in your tummy.

Video + more questions:
whywhywhykids.com/fart



scan with a grown-up