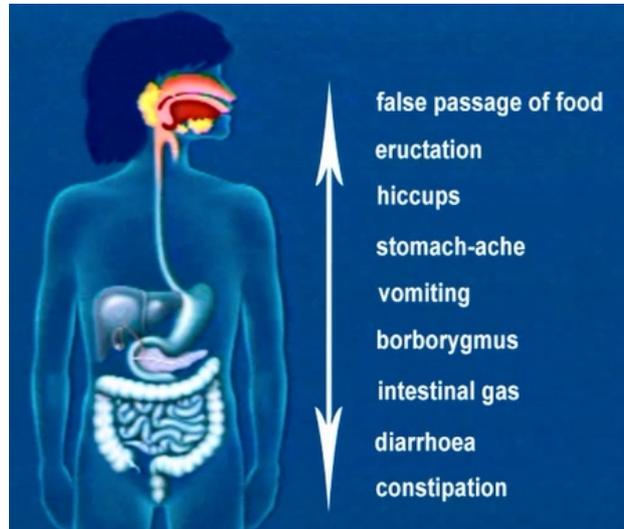


## What is a digestive event?

### INCONVENIENCES RELATED TO DIGESTION

A digestive event is an event related to **normal digestive function**. Everyone has experienced digestion-related inconveniences, for example when food goes down the wrong way, or when we get hiccups or have a stomach ache. These inconveniences are not signs of trouble in the digestive tract.

These digestive events must not be confused with **eating disorders** such as bulimia or anorexia. Eating disorders are considered diseases, whereas digestive events may well be unpleasant, but they do not have serious consequences.



### THE CAUSES OF DIGESTIVE EVENTS

Several things can trigger digestive events. Firstly, they are often related to an **unbalanced diet**, for example too much fat, too much spicy food or not enough dietary fibre. **Lifestyle** can also play a role. For example, irregular meals, eating too quickly or even stress. **Food poisoning** can also sometimes cause digestive events, as can **food intolerance**. You may know people who cannot tolerate gluten or lactose for example. Then there are certain kinds of **medication**, such as anti-inflammatories, that can cause heartburn.

You will learn about some of these digestive events, but I am sure you already know some of them, or at least you know them in everyday language. **Eructation**, for example, simply corresponds to burping, and **borborygmus** to rumbling noises in the stomach.

Once again, these events are related to the **normal function** of the digestive tract. Burping and passing wind are normal consequences of digestion and affect all of us.

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## DIGESTIVE EVENTS IN DIGESTIX & TUBIX



Both DIGESTIX and TUBIX include digestive events. In DIGESTIX, you will see gas bubbles. You can even blow them up before they explode!

Digestive events occur in certain organs. For example, food going down the wrong way occurs in the pharynx, which is associated with the buccal cavity.



In TUBIX, this is why some events do not affect all the organs in the digestive tract. If you associate rumbling with the mouth, or vomiting with the colon, the event will not give the result you perhaps expected. However, if you associate constipation with the large intestine, your opponent will not earn any more points, unless they find a cure!

## What is a digestive event?

---

Digestive discomfort, such as hiccups or burping, means that there is a malfunction in the digestive tract.

- True
- False

---

Which of the following is not a digestive phenomenon?

- Hiccups
- Vomiting
- Anorexia

---

Digestive discomfort is not serious.

- True
- False

---

Drinking fizzy drinks may cause a digestive phenomenon such as burping.

- True
- False

---

Avoiding very spicy food may help avoid digestive discomfort.

- True
- False

---

What is another word for eructation?

- Burping
- Vomiting
- Stomach ache

---

Diarrhoea and constipation are not forms of digestive discomfort.

- True
- False

---

What is another word for borborygmus?

- A rumbling noise
- Vomiting
- Wind

---

Anti-inflammatory medication may sometimes cause...

- a rumbling noise in the intestines
- heartburn
- burping

## Answers

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Digestive discomfort, such as hiccups or burping, means that there is a malfunction in the digestive tract.

True

*Wrong! That's not the right answer.*

False

*Well done! It indicates that the digestive tract is functioning normally.*

---

Which of the following is not a digestive phenomenon?

Hiccups

*Wrong! This phenomenon is linked to the digestive tract.*

Vomiting

*Wrong! This phenomenon is linked to the digestive tract.*

Anorexia

*Well done! Anorexia is an eating disorder.*

---

Digestive discomfort is not serious.

True

*Well done! That's right.*

False

*Wrong! That's not the right answer!*

---

Drinking fizzy drinks may cause a digestive phenomenon such as burping.

True

*Well done! That's right.*

False

*Wrong! That's not the right answer!*

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Avoiding very spicy food may help avoid digestive discomfort.

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False

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---

---

What is another word for eructation?

Burping

*Well done! That's right!*

Vomiting

*Wrong! Try again!*

Stomach ache

*Wrong! That's not the right answer.*

---

Diarrhoea and constipation are not forms of digestive discomfort.

True

*Wrong! That is not the correct answer.*

False

*Well done! That's right.*

---

What is another word for borborygmus?

A rumbling noise

*Well done! That's right.*

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Wind

*Wrong! That's not the right answer.*

---

Anti-inflammatory medication may sometimes cause...

a rumbling noise in the intestines

*Wrong! Try again!*

heartburn

*Well done! That's right.*

burping

*Wrong! That's not the right answer.*

---

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## Gaps to fill in on digestive phenomena

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*[8-10 years old and 11-13 years old]*

Fill in the gaps : *anus, abdominal, constipation, diarrhoea, expulsion, gas, hiccups, noise, way*

1. Food going down the wrong \_\_\_\_\_ occurs when we swallow something awkwardly.
2. Belching is when we expel \_\_\_\_\_ from the digestive tract through our mouths.
3. \_\_\_\_\_ are caused by gastric distension.
4. Stomach aches are \_\_\_\_\_ pains.
5. Vomiting is the \_\_\_\_\_ of some of the contents of the stomach through the mouth.
6. Rumbling is the gurgling \_\_\_\_\_ made by the intestines or stomach during digestion.
7. Intestinal gases from the digestive tract are expelled through the \_\_\_\_\_.
8. \_\_\_\_\_ refers to stools which are more liquid, more plentiful and which occur more frequently than normal.
9. \_\_\_\_\_ refers to stools which are generally hard, less plentiful and less frequent than normal.

---

### Gaps to fill in on digestive phenomena

---

*[8-10 years old and 11-13 years old]*

Fill in the gaps: *anus, abdominal, constipation, diarrhoea, expulsion, gas, hiccups, noise, way*

1. Food going down the wrong **way** occurs when we swallow something awkwardly.
2. Belching is when we expel **gas** from the digestive tract through our mouths.
3. **Hiccups** are caused by gastric distension.
4. Stomach aches are **abdominal** pains.
5. Vomiting is the **expulsion** of some of the contents of the stomach through the mouth.
6. Rumbling is the gurgling **noise** made by the intestines or stomach during digestion.
7. Intestinal gases from the digestive tract are expelled through the **anus**.
8. **Diarrhoea** refers to stools which are more liquid, more plentiful and which occur more frequently than normal.
9. **Constipation** refers to stools which are generally hard, less plentiful and less frequent than normal.