



YOU ARE A DOUGHNUT

In **You Are a Doughnut**, you were introduced to 6 different coloured poops – and the foods that cause them! Colour then in below...

Head to our website for more activities!
www.thatsciencegang.com/doughnutexplore

HELLO AND HI, GOOD DAY TO YOU
WHO AM I? I AM YOUR POO!
IN SHADES OF **BROWN** I'M USUALLY FOUND
BUT THIS ISN'T ALWAYS TRUE

ALL THE FOODS YOU CHEW AND EAT
EVERY SNACK, EVERY TREAT
CAN CHANGE MY COLOUR INSIDE OUT
DON'T YOU THINK THAT'S KIND OF NEAT?

LOOK AT ME I'VE TURNED **DEEP RED!**
WHAT'S THE FOOD YOU'VE BEEN FED?
BEETROOT! ROASTED, BOILED OR RAW
OR MAYBE IN A DIP OR SPREAD

THEN THERE'S **MOI**, I'M NEW IN TOWN
ORANGE IS THE NEW BROWN!
I'M COLOURED BY THE FOOD THAT YOU
CRUNCH AND CHEW AND GOBBLE DOWN
CARROTS! APRICOTS! PUMPKIN STEW!
SWEET POTATO, MANGO TOO
FILL UP ON THESE – EAT LOTS AND LOTS
AND I WILL BE YOUR NUMBER TWO!

TO TURN ME **GREEN** YOU NEED AN EXCESS
OF CERTAIN FOODS – CAN YOU GUESS?
VEGETABLES LIKE BROCCOLI
BOK CHOY AND SPINACH AND WATERCRESS!

NOW IT'S TIME FOR MY DEBUT
LOOK AT ME! I'M TRUE **BLUE!**
FOR FIERCENESS I CANNOT BE MATCHED
BUT WHAT'S THE CAUSE, WHAT DID YOU CHEW?

FOOD COLOURING HAS CAUSED MY HUE
ANYTHING THAT'S DYED BLUE
CAKES AND SPORTS DRINKS, LOLLIPOPS
ICE-CREAM, ICING, JELLYBEANS TOO

FOR YOUR FINALE – BOSH BASH BISH!
LOOK I'M **BLACK** FROM FOODS DELISH!
A STACK OF SNACKS ALL HAVE THE KNACK
LIKE BLUEBERRIES, GRAPES, AND LICORICE

