



Camp Quest North

TRY IT AT HOME: POOP COOKIES

Objectives

Let's learn about health poops by making a funny snack to help promote healthy digestion!

Principle of Humanism Supported by Lesson

- ★ *We ask questions and are open-minded, critical thinkers.*
- ★ *We use reason and science to seek natural explanations to events in the universe and to solve problems.*
- ★ *We strive to experience life and develop as individuals.*

Materials Needed

Ingredients

3 cups oats – dead bacteria

3/4 cup shredded coconut – undigestibles (cellulose)

1 tablespoon ground flax – undigestibles (fiber)

1/2 cup butter (dairy or other) – fat

3/4 cup agave syrup (or honey or maple syrup) – mucous (lines the intestines)

1/2 cup milk (dairy or other) - water

1/3 cup cocoa powder – live bacteria (lactobacilli, e.coli, etc.)

pinch of salt – dead body cells

1/2 cup peanut butter (or other nut or seed butter) - protein

1 teaspoon vanilla - dead blood cells

Differentiation for Age Groups

This activity is great for all ages, but our younger campers may want to ask their parents for help doing this activity in the kitchen!

Activity Instructions

Learn!

1. Learn about healthy poops and the contents of poop for humans and/or other animals by checking these cool links:

<https://www.healthline.com/health/digestive-health/types-of-poop#1>

<https://leftbraincraftbrain.com/animal-poop-lesson-plan/>

<https://forgetfulmomma.com/2012/04/29/poop-cookies-no-bake-cookies/>

Get Cooking!

2. Combine 3 cups oats, 3/4 cup shredded coconut, and 1 tablespoon ground flax in a large mixing bowl.
3. Melt 1/2 cup butter in a medium sauce pan.
4. Add in 1/2 cup milk, 3/4 cup agave syrup, 1/3 cup cocoa powder, the pinch of salt.
5. Bring mixture to a rolling boil and let boil for 4 minutes while stirring often.
6. Remove from heat and stir in 1/2 cup peanut butter and 1 teaspoon vanilla.
7. Add cocoa powder mixture to oat mixture and stir until completely combined.
8. Wash all little and big people hands and coat them in butter.
9. When the mixture is cool enough, shape into various human or other animal poop shapes and types of your choice.
10. Let cool, or not, and eat.
11. Store in an airtight container for a few days. Can be refrigerated as well.

Exploration

Take a look at the Bristol Stool Chart, what type of stool did your cookies end up looking like? Hopefully not type 7!



Type 1 Separate hard lumps

SEVERE CONSTIPATION



Type 2 Lumpy and sausage like

MILD CONSTIPATION



Type 3 A sausage shape with cracks in the surface

NORMAL



Type 4 Like a smooth, soft sausage or snake

NORMAL



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE



Type 6 Mushy consistency with ragged edges

MILD DIARRHEA



Type 7 Liquid consistency with no solid pieces

SEVERE DIARRHEA

Discussion

What new and gross things did you learn about your poop today?

How are you feeling about your digestive health? Do you think you need to make any changes to your eating habits?

Additional Resources

Learn more about digestive health here:

<https://www.healthline.com/health/digestive-health>