

A gassy experiment (Answer sheet)

1. Compare your data (circle Yes or No).

Was there a difference between the number of farts on Day 2 and Day 3? YES or NO

What was the difference?

It's difficult to obtain accurate data unless the conditions and duration of the experiment are well controlled. Pulses are not the only foods that increase the production of intestinal gas. A number of foods can have the same effect. In addition, pulses have a more pronounced effect on people who don't eat them very often.

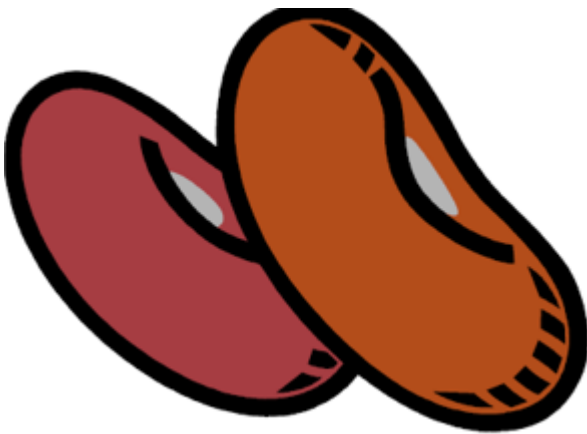
2. Did you notice whether your farts changed over the course of the experiment? If so, in what way did they change?



Intestinal gas is a mixture of nitrogen, hydrogen, carbon dioxide, methane and oxygen. All these are odourless gases. However, some foods contain a chemical element called sulphur, which has a smell like rotten eggs. Cabbage, eggs, protein and vegetables in the onion family all contain a great deal of sulphur. When these foods are digested, the sulphur is released and combines with the other gases, producing a bad smell.

3. On the basis of your data, do you think your body produces more gas — making you fart more— when you eat beans, or do you think that’s just a myth? Why?

According to scientific studies, pulses always increase intestinal gas temporarily. In addition, certain types of pulses have a more pronounced effect than others. Studies have shown that the digestive system produces less gas when it’s accustomed to daily servings of pulses.



This lesson plan was produced by the Canada Agriculture and Food Museum.

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