Snot: What is it good for?

What is snot?

Snot is sticky for a reason! It traps dirt and harmful germs stopping them from entering and damaging your lungs. However, snot does more than just trap germs – it is filled with protective substances that can disable all different types of harmful germs that enter our body.
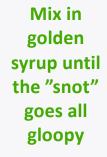
Making your own snot

Step 1

Dissolve gelatine powder in hot water

Step 2

Add green food colouring

Step 3

Mix in golden syrup until the "snot" goes all gloopy

Step 4

Decorate your snot with beads and pasta to represent germs

Why is snot green when I am unwell?

When your ill, your immune system makes special cells called neutrophils that can also kill these nasty germs but unfortunately, in the process they also die. These neutrophils have a green colour and therefore your snot turns green when you're sick. We then cough or sneeze up these "boogies" to remove the germs from our bodies!

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List of materials required:

- A container or food bag
- Gelatine powder or vegetarian alternative (agar agar, pectin)
- Green food colouring
- Golden syrup
- Beads, pasta, cake toppings for 'decoration'
- Hot water
- Spoon

Length of time for activity

Approximately 20-30 minutes including set up time.

Questions to prompt discussion

- What parts of the body are most likely to have germs in them?

- Can you name 2 different harmful germs that are disabled by snot?

- Can you use the internet to find out why snot turns green when you are sick?

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