



**Materials needed:**  
Glass of water  
Straw  
Small balloon  
Rubber band  
Sequins

## Instructions

1. Place the straw inside the balloon, then tie the rubber band around its tip.
2. Put the balloon inside the glass, then slowly fill the straw with water until they are both filled.
3. What you created now is a lymphatic vessel (the straw), a skeletal muscle (the balloon), and the lymph (water).
4. Now squeeze the balloon to imitate a muscle contraction, then write down your notes.
5. Drop some sequins into the straw. Those sequins represent glucose, amino acids, or infections.
6. Watch the sequins sink, then write down your notes.

## Notes