

BOOMbox at Home

Fart Chart

Farts can be loud and smelly, but do you know how to make the loudest and smelliest fart ever? Run this experiment to find out what foods give you the loudest and smelliest farts so you can horrify everyone around you.



Instructions

- Print out the fart chart on page two, or draw your own with a marker and some paper.
- Before you start collecting information, make a guess about what foods you think will make you fart the most.
- Every day, record what foods you ate on the fart chart. Record how many farts you made that day, how loud they were, and how smelly they were. You can either write or draw or add some stickers.
- Repeat these steps over the next few days. What different kinds of food did you eat? Did your farts vary in frequency, volume, and smell?
- Use the information you have collected to form your conclusion. What foods gave you the most farts? What foods gave you the loudest farts? What foods gave you the smelliest farts? Was your first guess correct?

Want to explore more?

Even after you finish your fart experiment, there's still plenty more to learn about farts.

- Try eating the fartiest foods for a month. Do your farts get more frequent and smellier, or do they stay the same? Why do you think this is?
- Recruit a friend to do the experiment with you. Do they get the same results from eating the same kinds of food? If they get different results, what do you think caused the difference?
- The fart chart was originally created by Aerial, a writer for the Seacoast Moms Collective. Find out how her kids have used the fart chart [at this blogpost](#).

What will you learn today?

Fart Chart

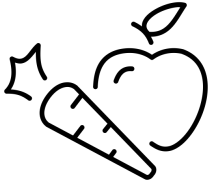



What did I eat today? 	How many farts did I make today? 	How loud were the farts? 	How smelly were the farts? 

Image credits: healthy Food by Counloucon, fart by BomSymbols, Volume by Chunk Icons, and smell by Corpus Delicti from the Noun Project