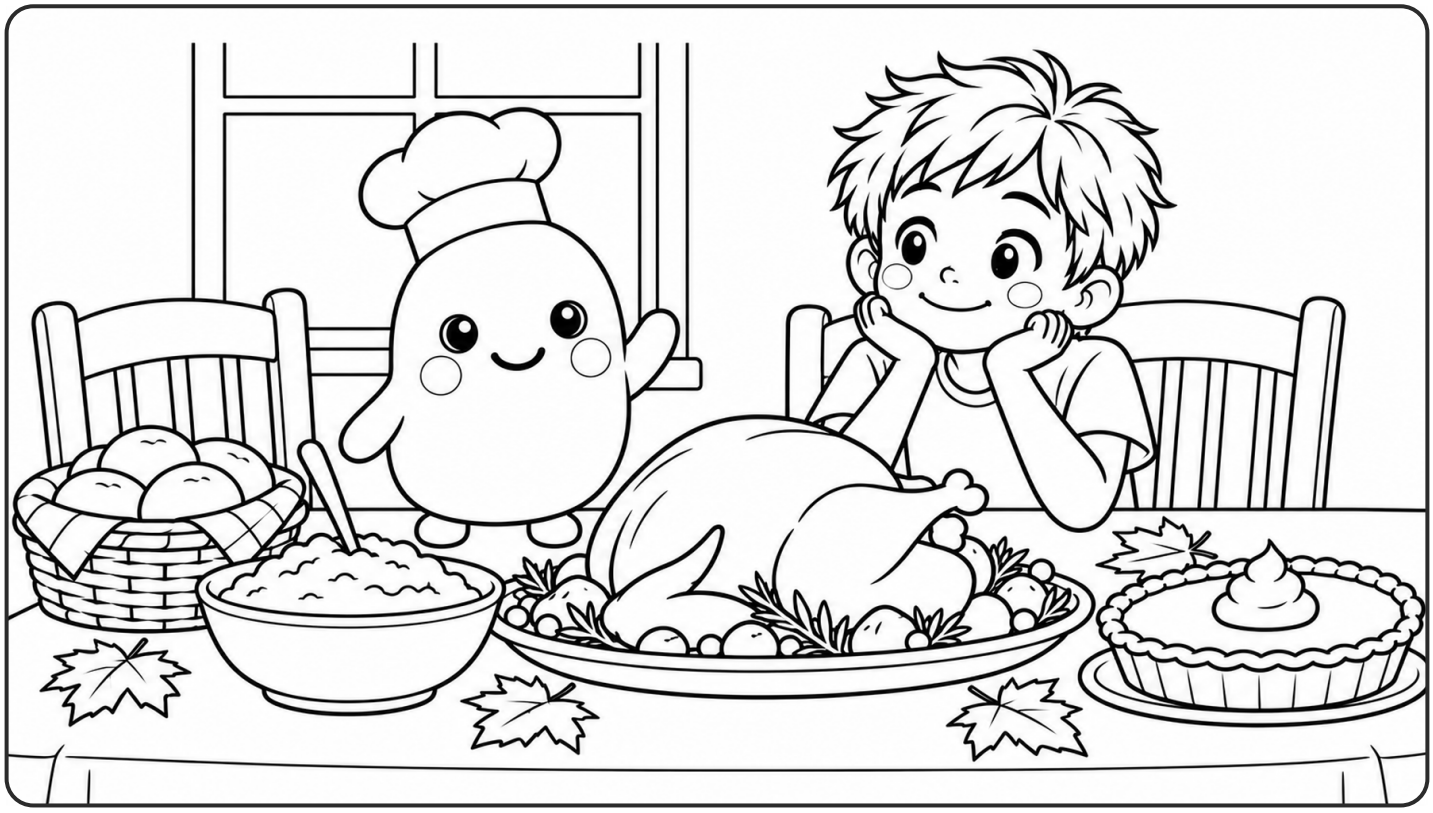
Does turkey make you sleepy?

After the big Thanksgiving dinner, lots of grown-ups get sleepy and doze off on the couch. People often say, it's the turkey! Is that true?



Why?

1. **Turkey has tryptophan...**
   Your body can use tryptophan to make a sleepy helper for your brain. So people thought, turkey makes you sleepy.
2. **...but so do lots of foods.**
   Chicken has about the same amount of tryptophan. So do cheese, eggs, and fish. And nobody falls asleep after a chicken sandwich!
3. **It's the giant meal.**
   Turkey, stuffing, mashed potatoes, rolls, gravy, and pie. After a giant meal, your tummy and gut have a huge job to do, and your body slows down a bit and puts its energy into digesting.

Color Beanie too!



Try it! Be a sleepy detective

You need: a big family dinner

1. Count how many people nap after dinner.
2. Then ask them: did you eat a lot of turkey, or a lot of everything?

What happened? It's not just the turkey, it's the whole feast.

Video + more questions:
whywhywhykids.com/turkey

scan with a grown-up