

The Digestive System



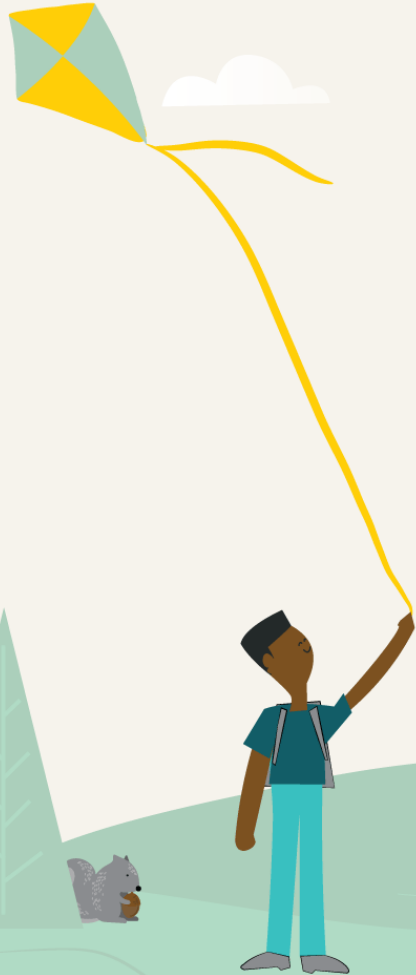
What is DIGESTION?

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Digestion is the body's process of breaking down food and its nutrients to be able to absorb and use them for its regular functions



5 Steps of the Digestive System



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1. The Mouth: Teeth and Tongue
2. The Esophagus
3. The Stomach: Gastric Juices
4. The Small Intestine
5. The Large Intestine: Colon, Rectum



Step 1: The Mouth

- Your teeth break food down into tiny pieces making it easier to swallow
- Your tongue assists in the chewing and swallowing process
- Saliva helps to break down your food, making it easier to swallow

The next stage: **Esophagus**

Step 2: The Esophagus

- Acts as a passage that allows food to travel from the mouth to The Stomach
- Muscles in the esophagus contract to push the food along

Definition:

- Contract - muscles tightening and then loosening

The next stage: **The Stomach**



Step 3: The Stomach

- Small portions of food are slowly released into the stomach
- Your stomach mashes and grinds down your food into an almost-liquid form known as chyme
- This is done with the help of your strong stomach muscles and the stomach's juices, known as gastric juices

The next stage: **The Small Intestine**

Step 4: The Small Intestine

- It helps to break down your food to a completely liquid form and collect its important nutrients
- Liver helps to create bile

The next stage: **The Large Intestine**

Step 5: The Large Intestine

Major parts: the Colon and the Rectum

- Colon: removes water from the liquid mixture and leaves behind solid waste
- The waste then travels to the rectum where it is stored until your body is ready to excrete it - when you go to the bathroom

Definition:

- Excrete - to remove or get rid of



Chemical vs. Mechanical Digestion

Chemical vs. Mechanical Digestion

- Mechanical digestion is the breakdown of food and nutrients using physical movement
 - Such as Chewing, Grinding, Crushing, and/or Muscle Contractions
- Chemical digestion is the breakdown of food and nutrients using specific chemicals
 - Such as Saliva, Gastric Juices, etc.





That concludes your
food's journey through
the digestive system!

