



The Digestive System



What is DIGESTION?

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Digestion is how the body breaks down food so that we are able to absorb all of the nutrients

Definitions:

Absorb - to take in, or use

Nutrients - things in food that help us grow and help our bodies to function



5 Stages of the Digestive System



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1. The Mouth: Teeth, Tongue, Saliva
2. The Esophagus
3. The Stomach
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 and breakdown
- Your tongue helps to move your food around and helps with chewing and swallowing
- Saliva (spit!) helps to break down your food

The next stage: **The Esophagus**

Step 2: The Esophagus

- Food enters into the esophagus which is a tube that allows food to travel from the mouth to the Stomach
- Muscles in the esophagus contract to push the food along

Definitions:

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
 - This is done with the help of your strong stomach muscles and juices

The next stage: **The Small Intestine**

Step 4: The Small Intestines

- The longest part of the digestive system, measuring at about 6-7 meters long or over 22 feet!
- Helps to break down your food to a liquid form and it collects all of the important nutrients

The next stage: **The Large Intestine**

Step 4: The Large Intestines

Major parts: the Colon and the Rectum.

- Colon: Helps to remove the water from the liquid mixture and leaves behind solid waste
- Rectum: Stores waste until your body is ready to get rid of it when you go to the bathroom



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

