



The Digestive System





Why is Food Important?



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Food gives our
bodies **ENERGY** and
NUTRIENTS!



What is DIGESTION?

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Digestion is how
the body breaks
down food!





4 Steps of the Digestive System



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1. The Mouth: Teeth and Tongue
2. The Esophagus
3. The Stomach
4. The Intestines



Step 1: The Mouth

- The mouth is where digestion first begins!
- There are two very important parts of digestion in the mouth:

Teeth & Tongue



Step 2: The Esophagus

A tube that helps to bring
food from the mouth to
the stomach



Step 3: The Stomach

Your stomach mashes
and grinds down your
food into a wet mixture



Step 4: The Intestines

- Help to **ABSORB** the nutrients in food for your body
- Leave what your body doesn't need in the intestines
 - This is what we call **WASTE**



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

