

AMAZING BODY SYSTEMS

DIGESTIVE SYSTEM

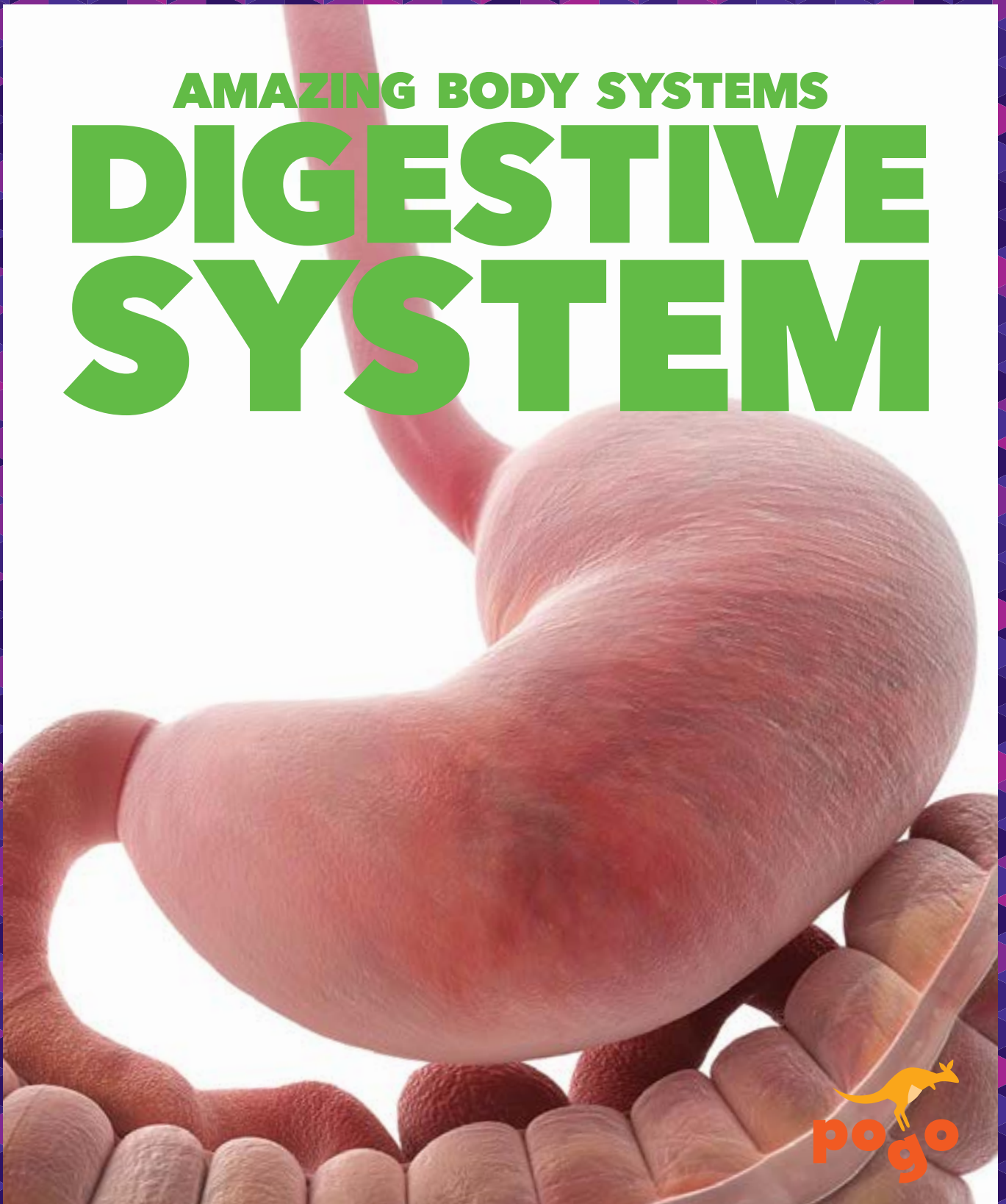


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CHAPTER 1

YOUR BODY'S FUEL

Listen! Your stomach is grumbling. It's growling. It's trying to tell you something.

What? It needs fuel. It's time to eat!



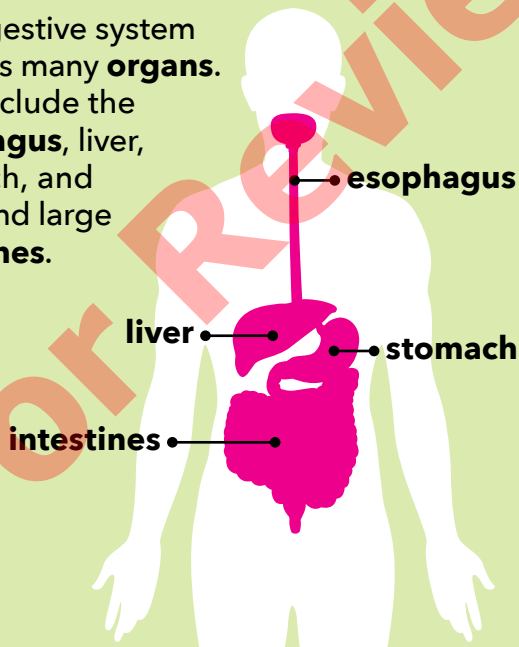


Eating is the first step in **digestion**. This process is controlled by the **digestive system**. This system is the energy factory of your body.

Your body is a machine.
It needs fuel to work.
Food is your body's
fuel. Your body takes
nutrients from food.
It turns them into energy.
It uses them to grow
and to fix itself.

TAKE A LOOK!

The digestive system includes many **organs**. They include the **esophagus**, liver, stomach, and small and large **intestines**.







teeth

tongue

saliva



To turn into fuel, food needs to get small. This starts in your mouth. Your teeth cut and grind food. Your tongue holds it in place as you chew. **Saliva** makes food wet. It also has an **enzyme** that helps break down the food.

DID YOU KNOW?

From start to finish, digestion usually takes between 24 and 72 hours.



ACTIVITIES & TOOLS

TRY THIS!

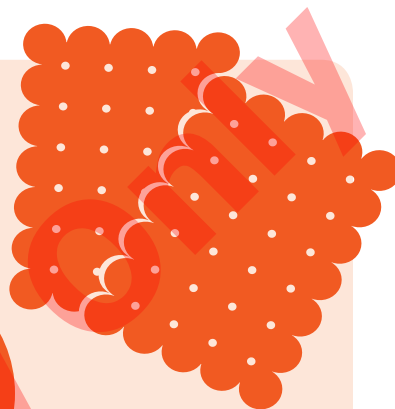
MAKE A STOMACH

See how a stomach breaks down food in this activity.

What You Need:

- small zip-top plastic bag
- ½ cup of lemon juice
- crackers

- 1 Pour the lemon juice into the plastic bag. This is like stomach juices.
- 2 Break the crackers into a few pieces. Put them in the plastic bag. Squeeze the air out of the bag and seal it.
- 3 Shake and squeeze the bag. This is like the stomach muscles moving. Look at the crackers. What happens to them?



GLOSSARY

acid: A liquid that can break food down.

bacteria: Tiny creatures that live inside and outside of the body, some of which help with digestion.

bile: A green liquid made by the liver that helps digest food.

blood vessels: Tubes that carry blood around the body.

digestion: The process by which the body turns food into nutrients it can use.

digestive system: A body system that turns food into nutrients the body can use.

enzyme: A protein that helps the body digest food.

esophagus: The tube that carries food from the throat to the stomach.

fiber: Material in food that can't be digested and that stimulates the intestine to move its contents along.

intestines: Two tubes, small and large, that digest food and absorb it into the blood.

muscles: Tissue that can squeeze and relax to move your body parts.

nutrients: Proteins, minerals, and vitamins you need to stay healthy and strong.

organs: Body parts that are responsible for a specific job.

pancreas: A gland near the stomach that helps with digestion.

saliva: A fluid containing water, protein, salts, and an enzyme that is secreted by glands in the mouth.

villi: Parts of the small intestine that absorb nutrients into the blood.

vitamins: Substances that are necessary in small amounts to the body's growth and development.

