

The Digestive System

Step 1: Mouth

We chew food into smaller pieces with our teeth. The salivary glands produce saliva, which helps to break down food further.

Step 3: Stomach

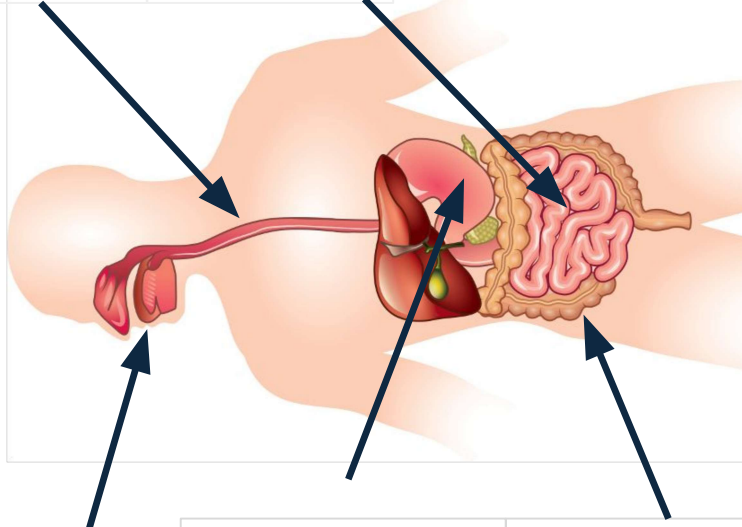
Our food then enters the stomach and hangs out there for a few hours. The stomach has strong muscular walls that contract to churn up the food. It produces acids and enzymes that break down the food into usable nutrients for our bodies.

Step 5: Large Intestine

Anything that has not been digested in the small intestine passes to the large intestine. Here, water and some vitamins are absorbed into the body and any undigested food hardens and passes out of the anus as feces when we go to the toilet.

Step 2: Esophagus Once chewed, food is pushed back by our tongues into the esophagus when we swallow. The esophagus is a muscular tube that contracts and pushes food into the stomach.

Step 4: Small intestine The food then moves into the small intestine. Most food is digested here. Nutrients are absorbed through the wall of the small intestine and taken back into the body as food is pushed along. Water is also absorbed from the food.



Fun Fact!

The **liver** and the **pancreas** work together with the small intestine to provide chemicals that help break down nutrients into smaller parts!