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Digestive system review worksheet

The digestive system turns the food you eat into parts it can use for energy and nutrients. It uses chemical and mechanical processes to break down food. The mechanical component involves chewing, which masticates food between the tongue and teeth. The chemical component involves saliva, stomach acid and digestive enzymes. After the food's nutrients have been absorbed, the resulting waste product is expelled. We mentioned that saliva is one of the crucial fluids that helps break down food. Did you know there are between 800 and 1000 smaller salivary glands? This number is on top of the three main pairs of salivary glands in the mouth. Saliva not only digest food. It also plays a crucial role in the maintenance of dental health. One of the reasons why it's important to brush your teeth before bed is our mouths don't produce as much saliva at night. This makes your teeth more vulnerable to cavities, as all the bacteria left over from dinner have time to cause havoc. The digestive system is responsible for absorbing and transporting nutrients your body needs to thrive – and it gets rid of all the waste your body doesn't need. Discover how saliva breaks down the food you eat and more. So there you sit, sitting at lunch, enjoying some grilled chicken pizza and some orange wedges. When you're done, you'll have one last drink of milk, wipe your mouth, and go to your next class. In a few minutes, think about the capital of Oregon or your science fair project. You've completely forgotten about that pizza lunch you just ate. But it's still in your stomach —kind of like a scientific experiment that happens all the time! Your mouth starts to move your mag (say: dye-JES-tiv) the system started working even before you took the first bite of your pizza. And the digestive system will be busy at work on your chewed up lunch for the next few hours – or sometimes days, depending on what you've eaten. This process, called digestion, allows your body to get the nutrients and energy it needs from the food you eat. So let's find out what happens to pizza, orange and milk. Even before you eat, when you smell a good food, see it, or think about it, digestion begins. Saliva (say: suh-LYE-vuh), or spit, begins to form in the mouth. When you eat, saliva breaks down the chemicals in the food a little, which helps to make the food musy and easy to swallow. Your tongue helps, drives the food around while you chew with your teeth. When you are ready to swallow, the tongue slides a small piece of mushed-up food called a bolus (say: BO-louse) against the back of the throat and into the opening of the esophagus, the second part of the gastrointestinal tract. On the way down the esophagus (say: ih-SOF-eh-guss) is like a stretchy pipe that is about 10 inches (25 centimeters) long. It moves food from the back of the neck to the stomach. also on the back of your throat is your trachea, which allows air to get in and out of your body. When swallowing a small ball of mushed-up food or liquids, a special flap called the epiglottis (say: ep-ih-GLOT-iss) flops down over the opening of your trachea to make sure that the food enters the esophagus and not the trachea. If you ever drank something too fast, started coughing, and heard someone say that your drink went down the wrong way, the person meant that it went down your trachea by mistake. This happens when the epiglottis doesn't have enough time to flop down, and you cough involuntarily (without thinking about it) to clear your trachea. Once the food has entered the esophagus, it doesn't just drop right into the stomach. Instead, muscles in the walls of the esophagus move in a wavy way to slowly squeeze the food through the esophagus. This takes about 2 or 3 seconds. See You in the Stomach Your stomach, which is attached to the end of the esophagus, is a stretchy sack shaped like the letter J. It has three important jobs: storing the food you have eaten to break down the food into a liquid mixture to slowly empty the liquid mixture into the small intestine The stomach is like a blender, spitting and mashing together all the small balls of food that came down into the esophagus into smaller and smaller pieces. This is achieved with the help of the strong muscles in the walls of the stomach and the stomach (say: GAS-trik) juices that also come from the walls of the stomach. In addition to breaking down food, digestive juices also help kill bacteria that may be in the eaten food. On to the small intestine! 22 Feet are not small on All the small intestine (say: i-TESS tin) is a long tube that is about 11/2 inches to 2 inches (about 3.5 to 5 centimeters) around, and it's packed inside you under your stomach. If you stretched out an adult's small intestine, it would be about 22 feet long (6.7 meters) — it's like 22 notebooks lined up end to end, all in a row! The small intestine breaks down the food mixture even more so that your body can absorb all vitamins, minerals, proteins, carbohydrates, and fats. The grilled chicken on your pizza is full of proteins — and a little fat — and the small intestine can help extract them with a little help from three friends: the pancreas (says: PAN-kree-uss), liver, and gallbladder. The organs send different juices to the first part of the small intestine. These juices help digest food and allow the body to absorb nutrients. The pancreas makes juices that help the body digest fats and protein. A juice from the liver called bile helps to absorb fats into the bloodstream. And the gallbladder acts as a layer for bile, storing it until the body needs it. Your food can spend as long as 4 hours in the small intestine and will be a very thin, watery mixture. It is well used time because, at the end of travel, nutrients from your pizza, orange and milk can pass from the gut into your bloodstream. Once in your bloodstream, your body is closer to taking advantage of the complex carbohydrates in pizza crust, vitamin C in your orange, the protein in the chicken, and calcium in your milk. Next stop for these nutrients: the liver! And the leftover waste – parts of the food that the body cannot use – moves on to the large intestine. Love Your Liver The nutritious blood comes directly to the liver for processing. The liver filters out harmful substances or waste, turning some of the waste into more bile. The liver also helps figure out how many nutrients will go to the rest of the body, and how many will remain in storage. For example, the liver stores certain vitamins and a type of sugar your body uses for energy. It is a large intestine at 3 or 4 inches around (about 7 to 10 centimeters), the large intestine is fatter than the small intestine and it is almost the last stop on the gastrointestinal tract. Like the small intestine, it is packed in the body, and would measure 5 feet (about 1.5 meters) long if you spread it out. The colon has a small tube with a closed end that comes off it is called the appendix (say: uh-PEN-dix). It is part of the gastrointestinal tract, but it does not seem to do anything, but it can cause major problems because it sometimes gets infected and needs to be removed. As we mentioned, after most of the nutrients are removed from the food mixture, waste remains — things your body cannot use. This needs to be removed from the body. Can you guess where it ends up? Well, here's a hint: It goes out with a color. Before it goes, it passes through the part of the colon called the colon (say: CO-lun), which is where the body gets its last chance to absorb the water and some minerals into the blood. When the water leaves the waste product, what is left becomes more difficult and difficult as it continues to move, until it becomes a solid. Yep, it's poo (also called feces or a feces). The large intestine pushes the poop into the rectum (say: REK-inch), the very last stop on the digestive tract. The solid waste stays here until you are ready to go to the toilet. When you go to the toilet, you get rid of this solid waste by pushing it through the anus (say: AY-nus). There's the flush we were talking about! Digging that digestive system You can help your digestive system by drinking water and eating a healthy diet that contains foods rich in fiber. High-fiber foods, like fruits, vegetables, and whole

grains, make it easier for poop to pass through your system. The digestive system is a pretty important part of your body. Without it, you couldn't get the nutrients you need to grow properly and stay healthy. And the next time you sit down for lunch, you'll know where the food goes - from the beginning to Reviewed by: KidsHealth medical experts So there you are, sitting at lunch, enjoying some grilled chicken pizza and some orange wedges. When you're done, you'll have one last drink of milk, wipe your mouth, and go to your next class. In a few minutes, think about the capital of Oregon or your science fair project. You've completely forgotten about that pizza lunch you just ate. But it's still in your stomach —kind of like a scientific experiment that happens all the time! Your mouth starts to move your mag (say: dye-JES-iv) the system started working even before you took the first bite of your pizza. 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