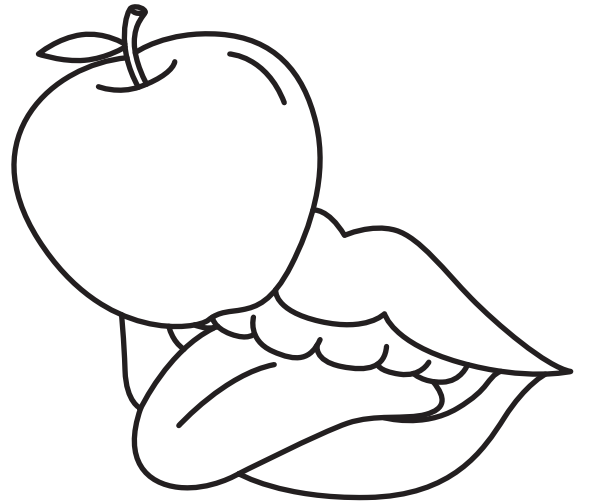


Mouth

When you eat, your teeth chew the food into tiny pieces, and your saliva (spit) helps break it down. Your tongue helps push the food to the back of your mouth so you can swallow it.

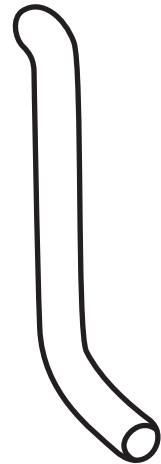
The Starting Point



Esophagus

Once you swallow, the food goes down a long tube called the esophagus. This tube squeezes and pushes the food down into your stomach.

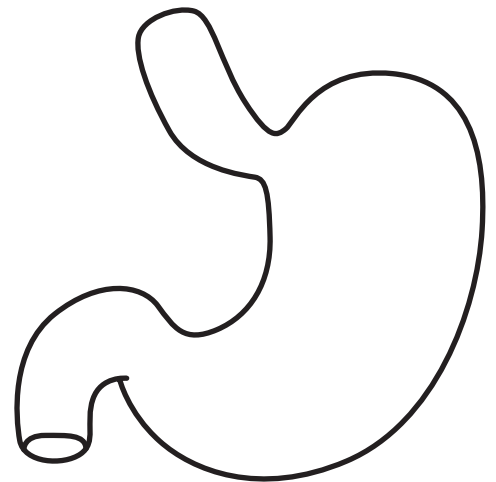
The Food Slide



Stomach

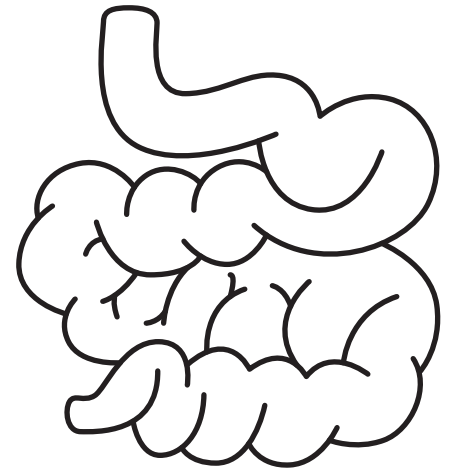
Your stomach is like a blender! It mixes the food with special juices that help break it down even more. The food turns into a mushy liquid so your body can start taking the good stuff (nutrients) from it.

The Food Mixer



Small Intestine

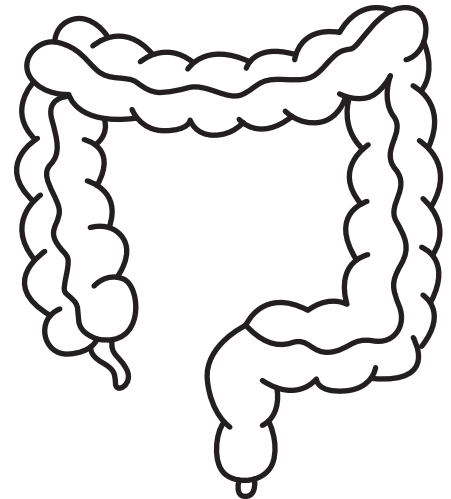
The mushy food moves into the small intestine, which is a long, twisty tube. This is where most of the nutrients from your food are absorbed into your blood, so your body can use them for energy.



The Super Absorber

Large Intestine

Whatever is left over moves into the large intestine, where your body takes out the water. The rest turns into waste (poop), which your body gets rid of when you go to the bathroom.



The Final Stop

Fun Facts

1

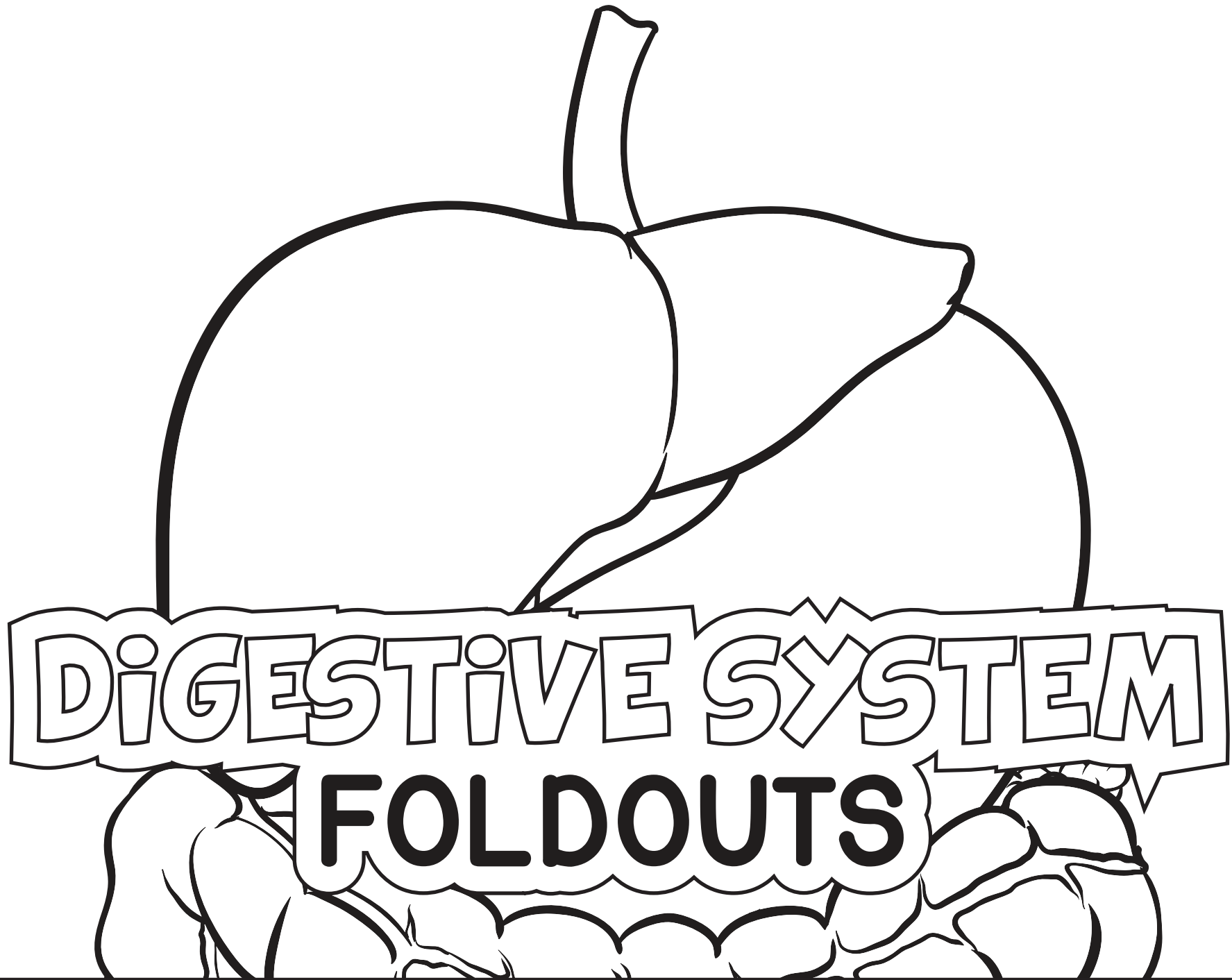
Every day, your mouth makes about 1 to 2 liters of saliva—that's like filling up a big soda bottle! It helps break down food and makes it easier to swallow.

2

Stomach acid is super strong—it can even dissolve some metals! But don't worry, your stomach has a special lining to protect it.

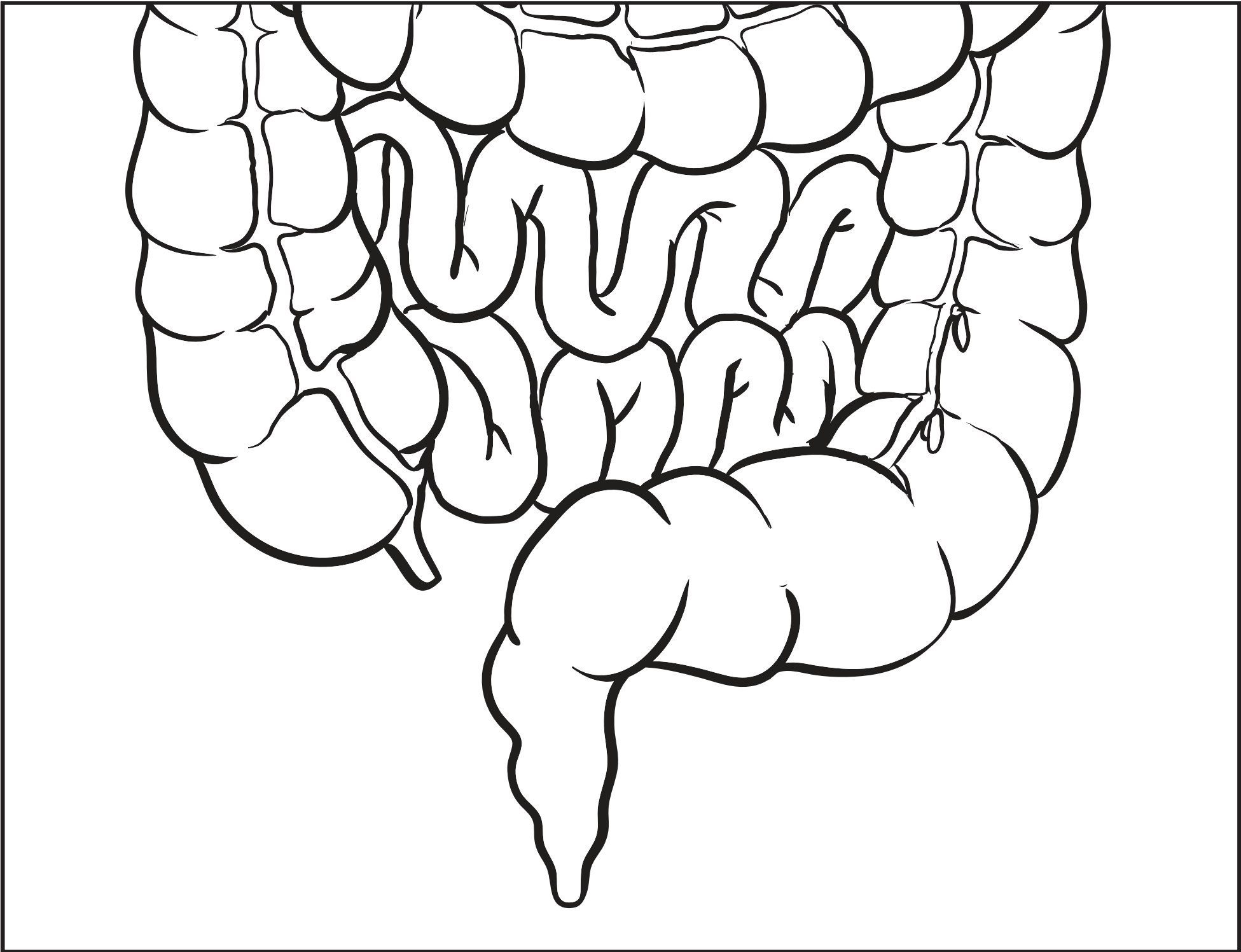
3

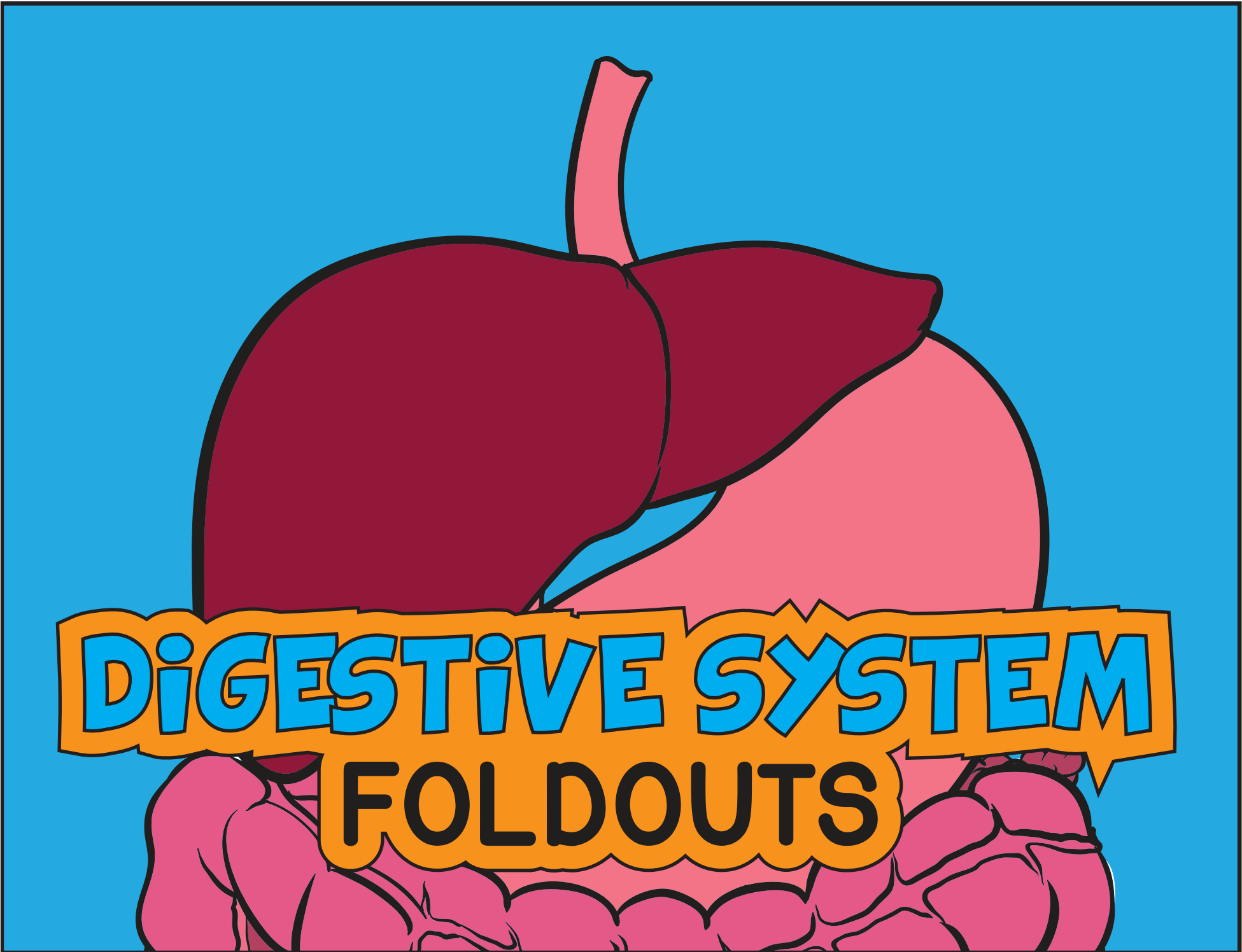
Your small intestine is about 22 feet (6.7 meters) long, and your large intestine is about 5 feet (1.5 meters) long. If you stretched them out, they'd be taller than a giraffe!



DIGESTIVE SYSTEM

FOLDOUTS





**DIGESTIVE SYSTEM
FOLDOUTS**

