

How Our Body Digests Food

Hey there! Did you know that when we eat, something really special happens in our mouths? Let's learn about it step by step!

Step 1: What Happens When We Eat?

When you take a bite of your favorite food, the first thing you do is chew it up with your teeth. Your teeth are like little tools that help break the food into smaller pieces. This makes it easier to swallow!

Step 2: The Magic of Saliva

While you're chewing, your mouth makes something called saliva. Saliva is a special liquid that helps make the food slippery. It's kind of like a helper that makes it easier to swallow your food.

Step 3: Mixing It All Together

As you chew, your teeth grind the food and mix it with saliva. This mix of chewed-up food and saliva is called 'chyme.' It's super important because it makes the food soft and smooth, so it can go down your throat easily.

Step 4: Off to the Tummy!

Once your food is all chewed up and mixed with saliva, you can swallow it. Then, it goes down your throat and into your tummy, where the digestion process continues!

Remember!

So next time you eat, remember how hard your teeth and saliva are working to help you digest your food. Eating is not just tasty, it's a fun adventure for your body!