

How Digestion Works!

Hi there! Let's learn how our bodies help us eat food and turn it into energy!

1. Starting in the Mouth

When you take a bite of your favorite food, we use our teeth to chew it up. Chewing is like chopping the food into smaller pieces. It makes it easier to swallow!

2. Mixing with Saliva

As we chew, our mouths produce something called saliva. This is a kind of wet liquid that makes the food slippery. It helps the food slide down our throat.

3. The Esophagus

After you chew your food, you swallow it! The food goes down a long tube called the esophagus. Think of it like a slide that takes the food from your mouth to your stomach.

4. The Stomach

Next stop, the stomach! The stomach is a special bag where all the food goes. Here, it mixes with some strong juices that help break it down even more. The food turns into a mushy liquid!

5. The Liver's Job

The liver, which is a big organ in your body, helps clean the blood. It makes sure that harmful things don't stay in your body.

6. The Small Intestine

After the stomach, the liquefied food moves into the small intestine. This is where your body takes all the good stuff from the food and sends it into your blood to give you energy!

7. The Large Intestine

Finally, what's left of the food that our bodies don't need moves into the large intestine. It gets turned into waste. This waste is called feces and it will leave your body when you go to the bathroom! It comes out through a place called the rectum and anus.

8. Conclusion

So, digestion is a very important job our bodies do. It helps us get energy from our food and get rid of what we don't need. Isn't that cool?