

How Digestion Starts

Digestion is the process that helps our bodies break down food into smaller pieces so we can use it for energy. Did you know that digestion starts in your mouth? Let's explore how this works!

1. Chewing with Our Teeth

When you eat, the first thing you do is chew your food with your teeth! Your teeth are like little tools that chop food into smaller bits. We have different types of teeth:

- **Incisors:** These are the front teeth that cut food.
- **Canines:** These pointy teeth help to tear food apart.
- **Molars:** These are the back teeth that crush and grind food.

2. The Role of Saliva

While you chew, your mouth also makes saliva, which is a slippery liquid. Saliva is really important because it helps to:

- **Moisten the food:** Makes it easier to swallow.
- **Start breaking down the food:** Saliva has special enzymes that help break down foods, especially sugary ones.

3. Swallowing

After you chew your food into tiny pieces, you swallow it! The food goes down a tube called the esophagus, and then into your stomach to keep the digestion going.

So remember, the next time you eat, notice how your teeth and saliva work together to help you digest food right from the start!