

## Objective

By the end of this lesson, you will be able to understand the basic functions and processes of the digestive system.

## Materials and Prep

- Anatomy textbook or online resources
- Pen and paper for note-taking
- Access to a computer or tablet

Prior knowledge of basic biology concepts is helpful but not required.

## Activities

1. Research and create a labeled diagram of the digestive system. Include the major organs and their functions.
2. Write a short story or create a comic strip that follows a piece of food through the digestive system. Include descriptions of the different processes that occur at each stage.
3. Perform a simple experiment to simulate digestion. Use common household items like crackers, water, and vinegar to represent different parts of the digestive system. Observe and document the changes that occur.

## Talking Points

- The digestive system is responsible for breaking down food into nutrients that our body can use for energy and growth.
- The process of digestion starts in the mouth where food is chewed and mixed with saliva.
- After swallowing, food travels down the esophagus, a muscular tube that connects the mouth to the stomach.
- In the stomach, food is further broken down by stomach acid and enzymes.
- The small intestine is where most of the nutrients from the food are absorbed into the bloodstream.
- The large intestine absorbs water and electrolytes from the remaining undigested food, forming solid waste or feces.
- The digestive system works together with other systems in the body, such as the circulatory system, to deliver nutrients to cells and remove waste products.