

Name _____

Test Date _____

Digestion

Facts to Know

The digestive system is made up of different organs that work together.

Your body needs nutrients, like vitamins and minerals, for your muscles to move and for your body to grow, nutrients come from food. It is the digestive systems job to turn food into nutrients for the body.

Digestion begins when your teeth bite into food. Our incisors, the front teeth, cut and tear apart food. The bicuspids, the middle teeth, crush and break apart food. The molars, the big teeth in the back, grind food into very small, mashed up pieces.

Food is moved around in the mouth by a muscle called the tongue. The tongue allows us to taste food using our taste buds.

Salivary glands produce saliva, which helps to moisten our food. Saliva is sometimes called spit. Saliva helps break down food before you swallow.

When you swallow the food travels down the esophagus. The esophagus is a stretchy, tunnel-like organ. The esophagus uses muscles to push food toward the stomach.

The stomach turns the food into a paste using gastric juices. The paste travels out of the stomach and into the small intestine.

The small intestine absorbs the nutrients and water from the paste. What is left travels to the large intestine where the remaining water is removed and solid waste is formed.

The excretory system also removes waste from your body. Perspiration (sweat) and urine are liquids removed by the excretory system. The system is made up of the kidneys and the bladder

Vocabulary

digestion- the process of food being broken down so it can be used by the body

digestive system- the body system that processes food

minerals- substances that keep your teeth and bones strong

vitamins- substances that help your body do special jobs and keep you healthy

nutrients- proteins, minerals, and vitamins, that help your body work and grow

muscle- tissue that allows your body to move

organ- a part of the body, made up of tissues that have a certain job

system- a group of organs that do a job for the body