



Let's Talk Digestion

Directions: Use this URL <https://kidshealth.org/en/kids/digestive-system.html>, or another parent-approved source, to research the answers to the questions below!

1. Digestion is the process of breaking down food and turning into energy to be used in the body. Digestion starts in the mouth because of what two things?

saliva & teeth

2. After swallowing food, it will pass through the esophagus, and then enter the stomach where it will be churned into a liquidy mush called chyme! What are the walls of the stomach made of?

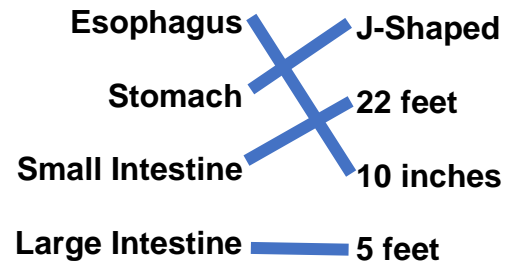
muscle

STEM BONUS

If I eat breakfast at 7:00AM, and it takes about 4 hours for my stomach to process food, around what time will the food I ate for breakfast finally leave my stomach to enter my small intestine?

7:00AM + 4 hours = 11:00AM

3. Draw a line from each body part to the appropriate description.

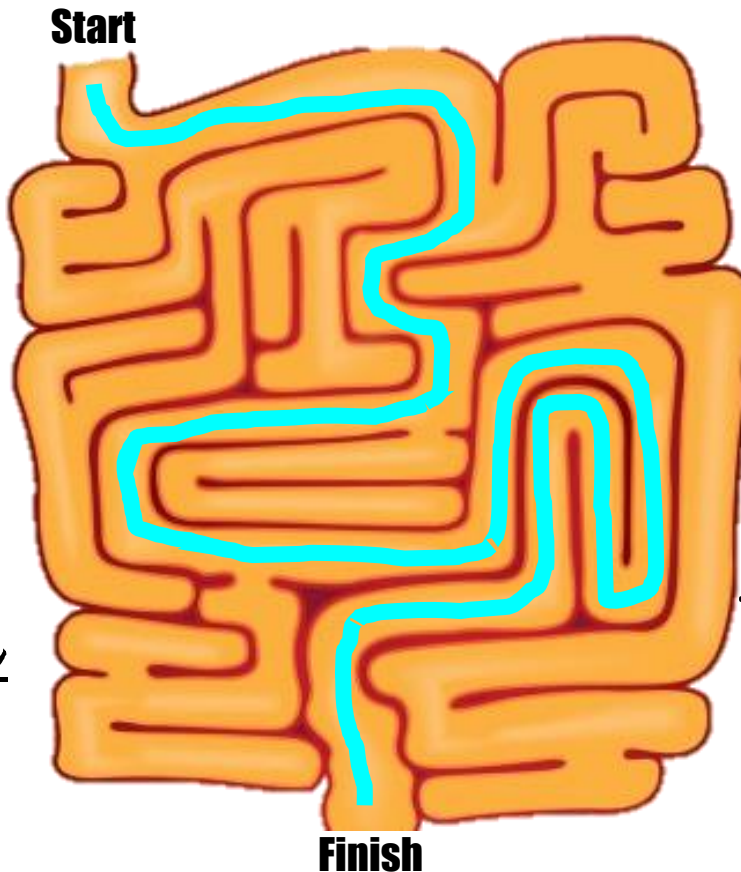


4. The stomach does not work alone to break down food. Inside the stomach, a liquid helps the stomach digest food and even kills bacteria that could be in the food that was eaten. What is the name of this liquid?

gastric
juices

Digestion Maze

Directions: Find your way out of the intestines from start to finish!



5. Together the small and large intestines allow the body to absorb essential nutrients to be used as needed. The liver helps the body decide which nutrients go out to the body and which stay in storage. What are the six essential nutrients?

1. Vitamins
2. Minerals
3. Carbohydrates
4. Protein
5. Fats
6. Water