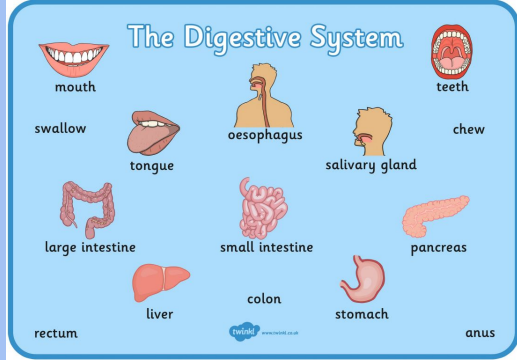


This system breaks down what you eat so that the nutrients in the food can be released to make energy.

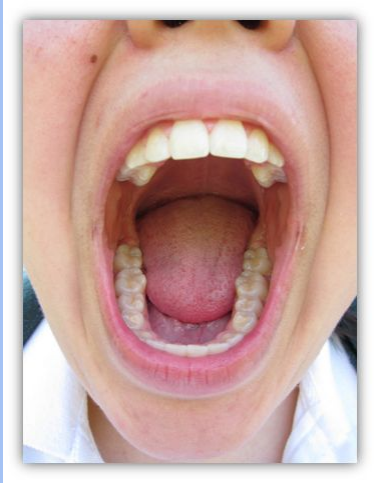


digestive system

The first stage of the digestive system is...

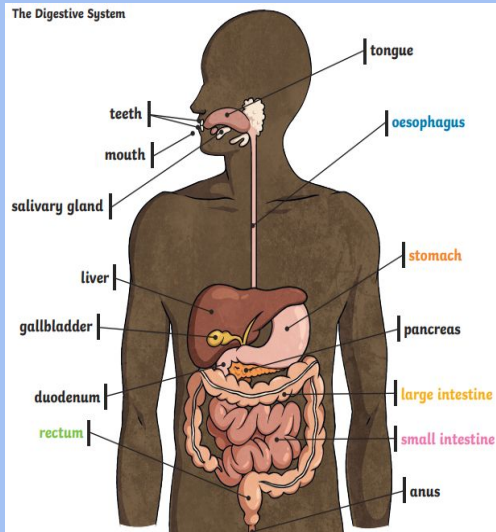


# Chewing



These glands produce saliva that keeps the mouth and other parts of the digestive system moist.

salivary glands



A hollow organ that is part of the digestive system.

stomach



Carbohydrates are found in cereals, bread, pasta, rice and potatoes.  
We need them to be active.

Proteins are found in fish, meat, eggs, beans, pulses and dairy.  
Proteins are important for growth and help the body repair itself.

Fats are found in butter, oils and nuts. Fats provide energy.  
They also store energy in the body and insulate it against the cold.

Minerals are found in salt, milk, liver and vegetables.  
Small amounts of minerals are required to stay healthy.

Vitamins are found in dairy, fruit and vegetables.  
Small amounts of vitamins are needed to stay healthy.

Fibre is found in cereals, bread, beans, lentils, fruit, vegetables and bran.  
Fibre provides roughage which helps keep food moving through the gut.

Water is found in fruit juice, milk and water. It is also found in many foods.  
Water is needed for cells and body fluids. We need to drink 6-8 glasses of water each day.

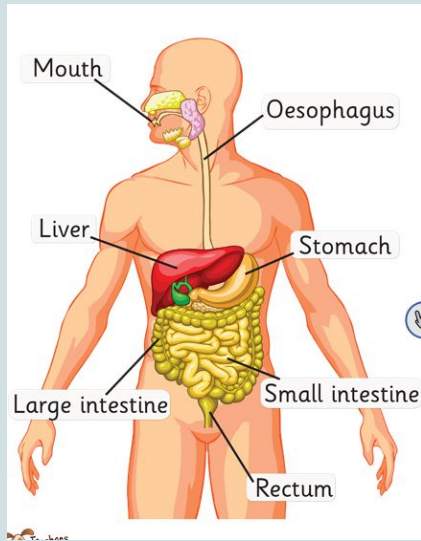
# A substance that is needed for healthy growth.

nutrients



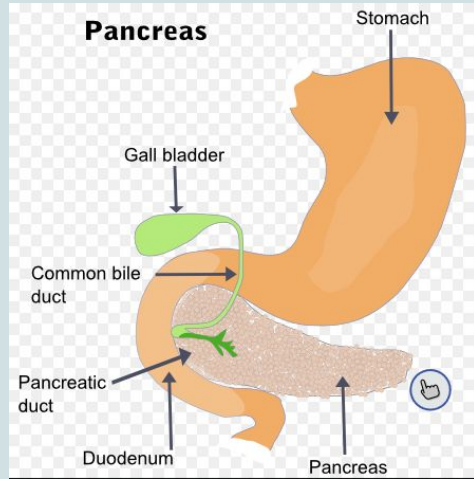
A watery fluid that moistens  
chewed food.

saliva



The largest solid organ in the body. It provides bile that helps break up fats

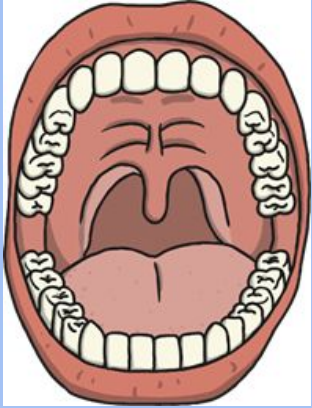
liver



A long flat gland that lies in the abdomen behind the stomach that provides a enzymes to help digest all sorts of foods.

pancreas

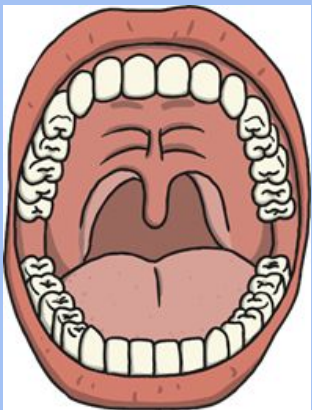




One of the hard, bony structures, set in sockets on the jaws of most vertebrates, used to chew and bite.

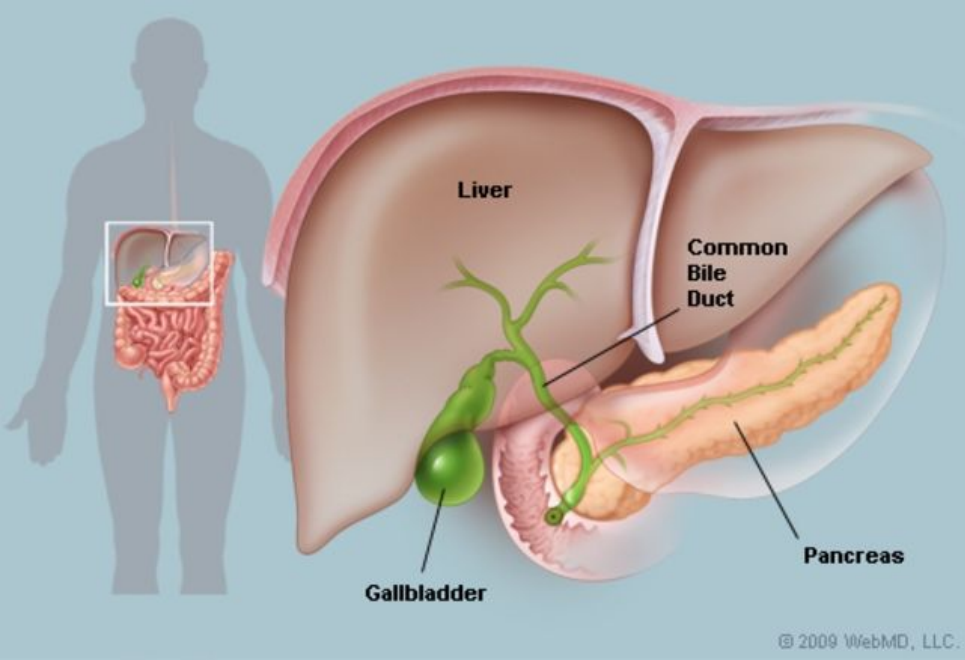
teeth

The digestive system begins  
when food or drink enters  
here.



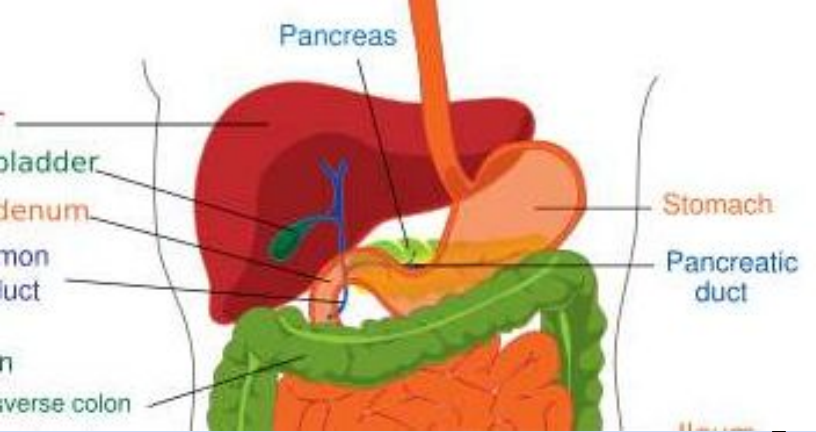
mouth

The liver provides bile and it is stored in this place.



gall bladder

How many hours does food  
hang out in the stomach?

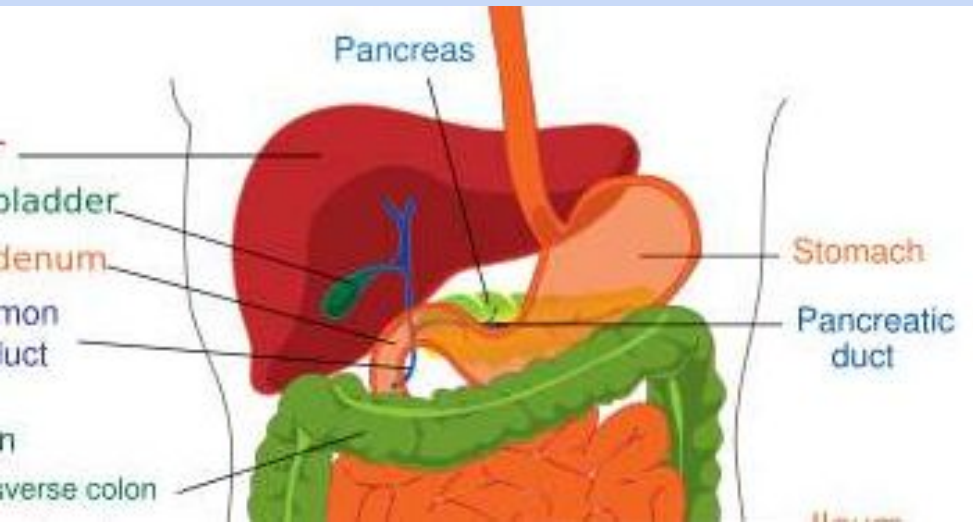


4 hours

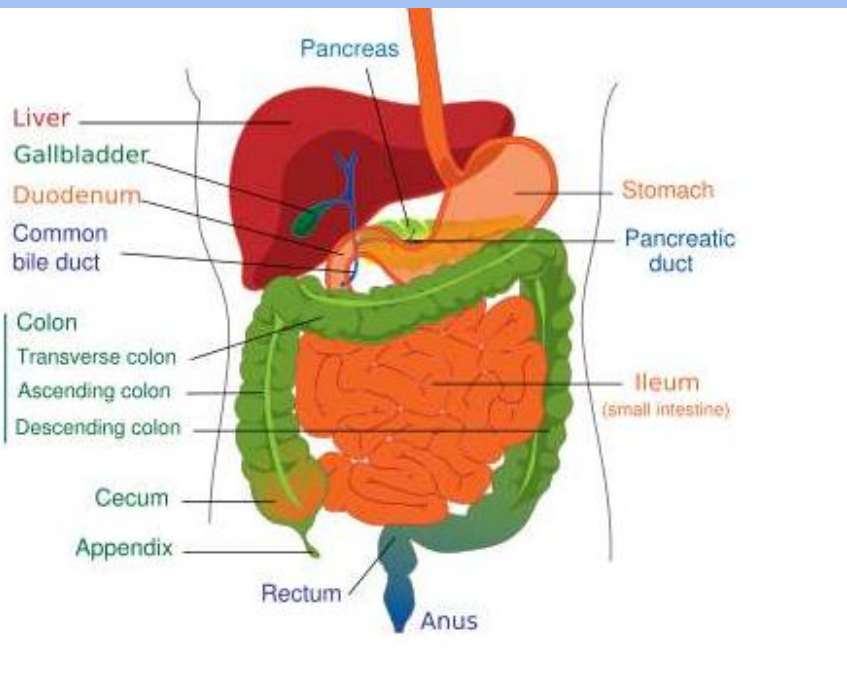


What does the stomach kill?

# Bad bacteria

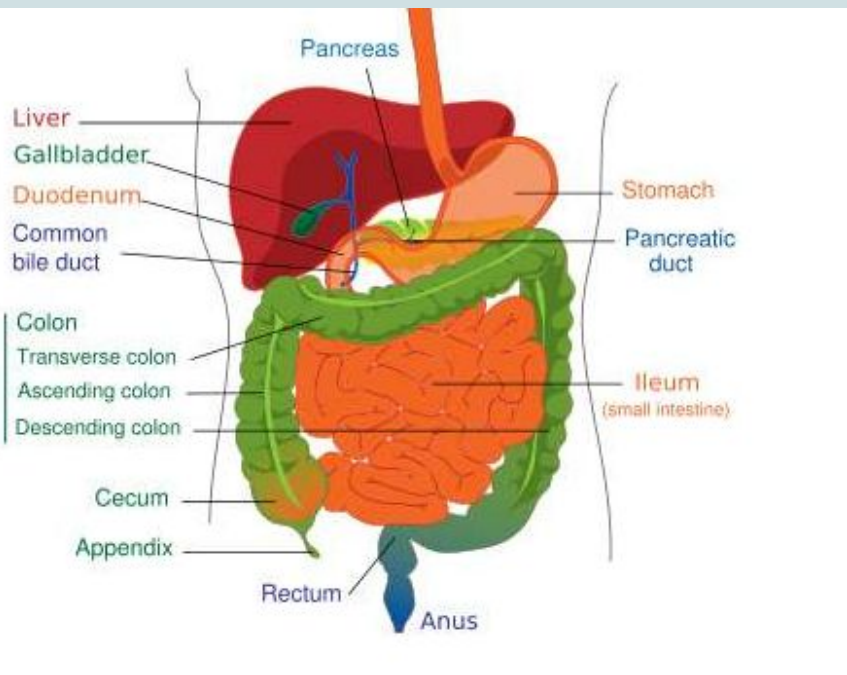


What is the first intestine  
that the food reaches  
called?



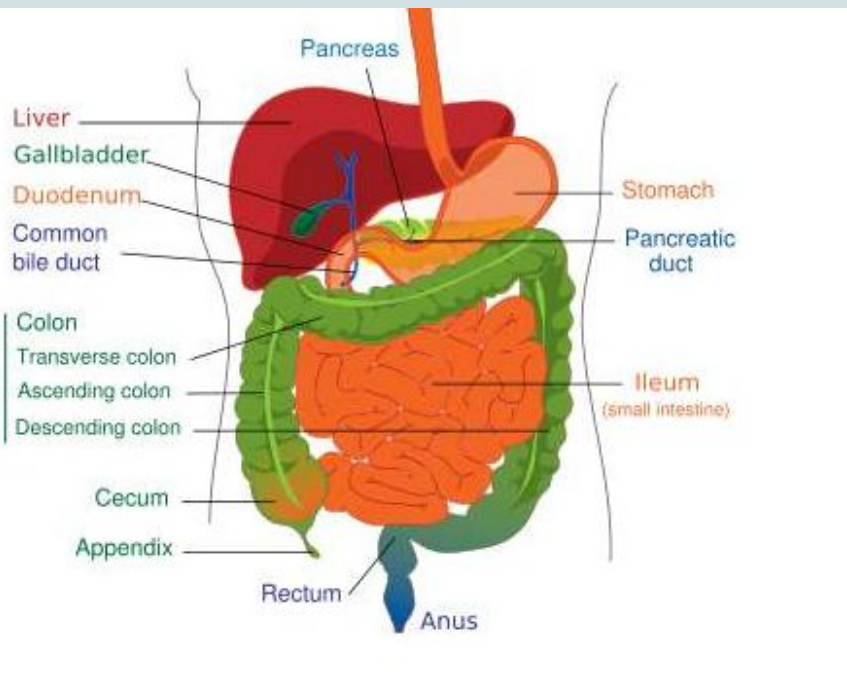
# small intestine

Which part of the digestive system uses juices from the liver and pancreas to continue break down our food?



# The small intestine

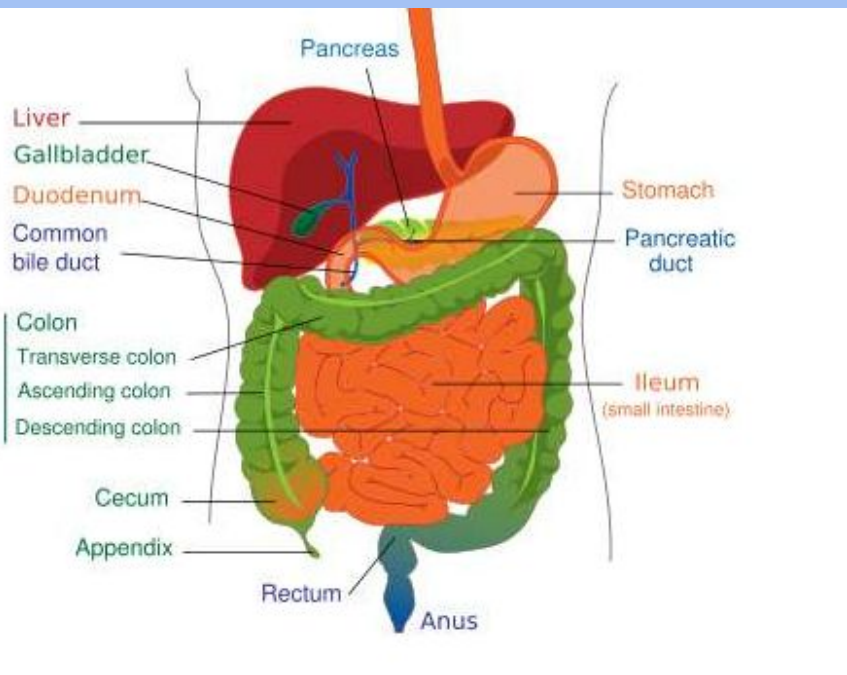
The second part is where the food gets absorbed from WHICH intestine and into our body through the blood?



# The small intestine



Which intestine is the last  
part of the digestive  
system?



large intestine

What helps us to push our  
food to the back of our  
throats?

tongue

What is the process called when special throat muscles force the food down into a long tube that leads to our stomach, called the esophagus?

swallowing

A tube that links our mouth  
to our stomach is called...

oesophagus



rectum

rectum

anus

anus

substances

substances

enzymes

enzymes