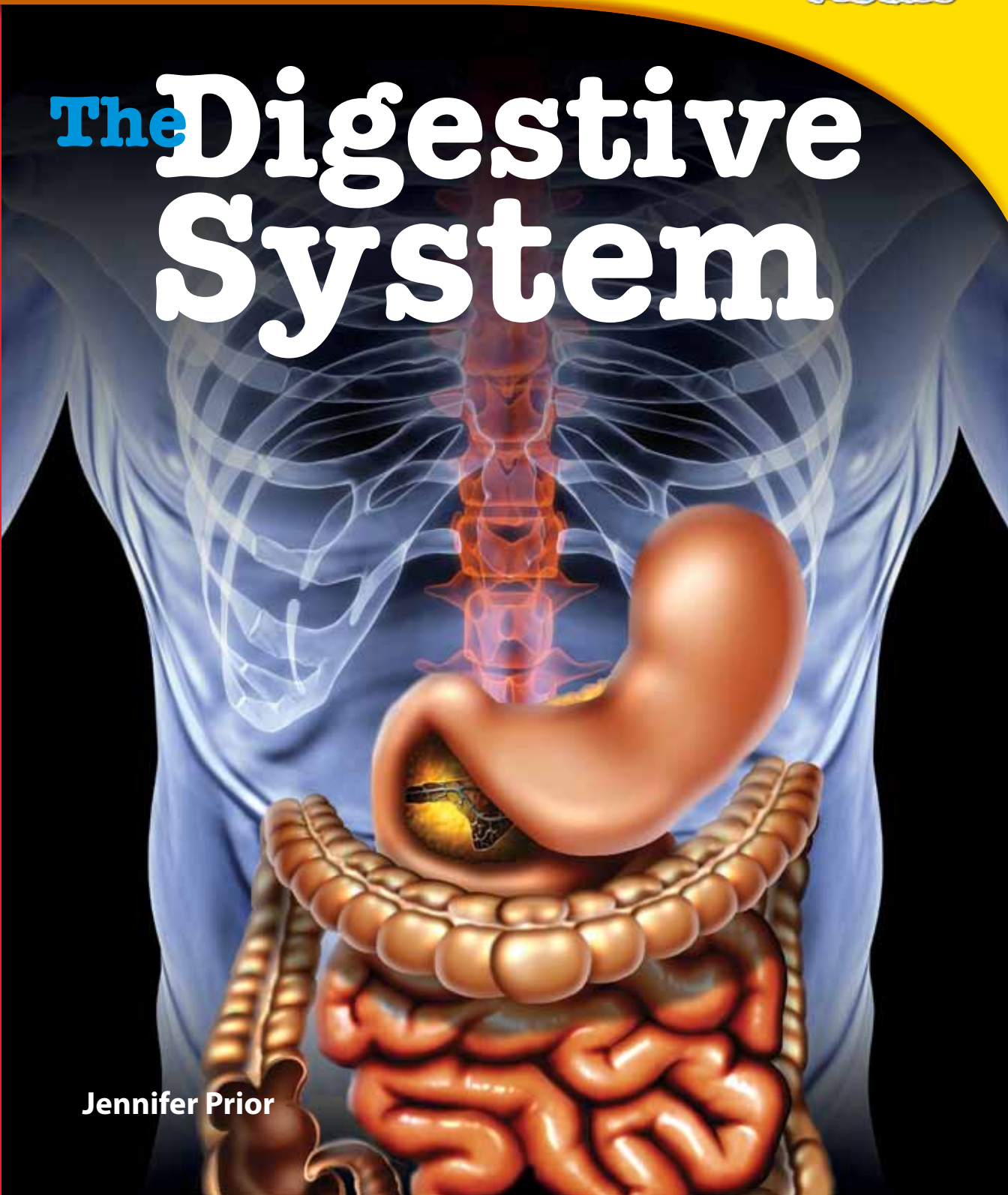
TIME FOR KIDS

The Digestive System



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Eat Your Vegetables

"Mom, do I have to eat my vegetables?"

"Yes, honey, they're good for you."

"Why are they so good? They don't taste good."

"When you eat healthy food, it gives your body nourishment."

"What does that mean?"

"Nourishment feeds your body so it can work the way it's supposed to work."

"What happens to food when we eat it?"

"Well, the vitamins and other nutrients in the food get **absorbed** into the body."

"What does absorbed mean?"

"It means they get soaked up into the bloodstream."

"But, Mom, how does that happen?"

"You're stalling. Eat your vegetables."



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Once you take a bite, your food begins an amazing journey through the digestive system.

No Guts, No Glory

Human beings need food in order to feed the body. The healthier the food is, the better it is for your body. But what happens to food once we chew and swallow? Food is processed in the body by the digestive system. It is broken down into smaller and smaller pieces. Then it is absorbed into the body. This gives the body fuel to produce energy.

We all know how food first gets into the body. We eat it! That's the first step in the process, but there is much more to know about digestion.



GI Track

The digestive system is also called the **gastrointestinal** (gas-troh-in-TES-tuh-nl) **track,** or GI track. *Gastro* refers to the stomach. *Intestinal* refers to the intestines. The stomach and intestines are two important parts of the digestive system.



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The Digestive System

The digestive track is about 27 feet long! It begins with the mouth. It includes the **pharynx** (FAR-ingks) and the **esophagus** (ih-SOF-uh-gus). It also includes the **stomach**, the **small intestine**, and **large intestine**.

Did you know that the digestive system knows when food is coming? This happens even before you eat. When you see, smell, or even think about a tasty treat, the brain tells your body to get ready for food. Your mouth starts to water and the digestive system gears up for a feast!



Did you know that eating healthy foods, chewing well, getting plenty of exercise, and keeping a positive attitude all help your body to digest better?

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