Sound Out the Digestive System



Find out what makes those sounds coming from your digestive system!

Sharon Parsons

Nelson Literacy Directions

SOUND Out the Digestive System

For teachers' inspection ONLY



Dear Reader

I called this book *Sound Out the Digestive System* because many bodily sounds originate in the digestive system. I thought it would be interesting and fun to find out what's happening inside your digestive system when it makes you burp, gurgle, cough or hiccup!

> **FOLLOW THE JOURNEY THAT FOOD TAKES THROUGH THE DIGESTIVE SYSTEM.**

In Chapter Six, you can find out how to look after your digestive system by making sure you consume the right amount of fibre every day. Then you can see if you like the high-fibre recipe "Baked Beans and Bacon Toasted Sandwich" in the next chapter.

I hope you enjoy finding out more about how the digestive system works!

Sharon Parsons

My sincere thanks to the following children for being our models for the recipe in this book:

Lizzie Bollas, Melbourne, Australia

Jackson Pinches, Melbourne, Australia

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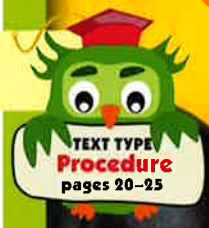
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One of the ways you can keep your digestive system healthy is by eating plenty of fibre.

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1 Your Body's "Sound System"

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Have you ever wondered what's really happening in your body when you burp, hiccup, get flatulence, or when you hear gurgling sounds coming from your abdomen?

The answers can be found in your digestive system, since these sounds are often connected to the breaking down of food and drinks. In order to understand what is causing those sounds it's helpful to understand how your digestive system works after you eat food and drink fluids.



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Digestion and Indigestion

The process of digestion is when food is broken down into easy-to-absorb nutrients and particles by the body's digestive system.

Indigestion can happen when people eat too much food too quickly, or if they eat foods that are not right for their bodies. It can make people burp a lot, or feel sick in the stomach and bloated. Some people may also feel like vomiting.



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2 Digest the Digestive System



Remember to chew food properly.



yoghurt



fruit salad

The digestive system is an amazing part of the body that works for 24 hours each day to keep the body in good health. People can help their digestive systems to work well by:

- making healthier food and drink choices
- chewing food properly
- feeling relaxed when eating.



baked beans



eggs



It helps to be relaxed when you eat.



fresh milk

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A Healthy Digestive System

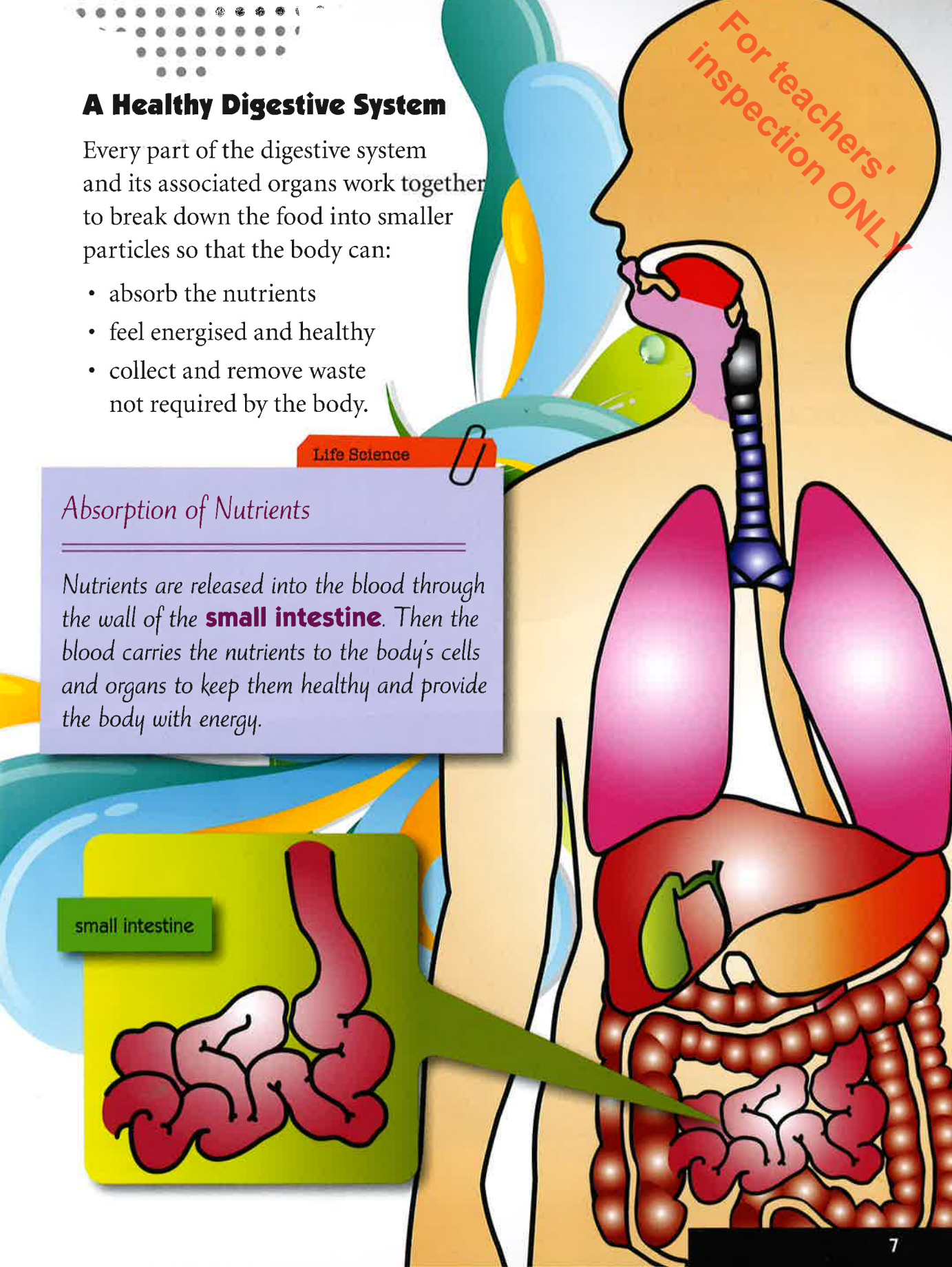
Every part of the digestive system and its associated organs work together to break down the food into smaller particles so that the body can:

- absorb the nutrients
- feel energised and healthy
- collect and remove waste not required by the body.

Life Science

Absorption of Nutrients

Nutrients are released into the blood through the wall of the **small intestine**. *Then the blood carries the nutrients to the body's cells and organs to keep them healthy and provide the body with energy.*



3 The Digestive Tract

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The most important part of the digestive system is a series of muscle-lined tubes and organs called the digestive tract. Food passes through each part of the digestive tract in turn, from the mouth to the anus.



MEDICAL NAMES

Medical professionals also refer to the digestive tract as the "alimentary canal" or the "gastrointestinal tract".

Length of the Tract

The digestive tract is about nine to ten metres long in adults and about seven metres long in children.

Time in the Tract

Depending on the person and the kind of food eaten, it can take between 12 and 24 hours for food to pass through the digestive tract.

In less healthy people it can take 48 hours or more – longer periods may mean that the person is constipated.



A healthy meal improves food digestion.

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Gurgling Sounds in the Digestive Tract

Gurgling sounds during digestion are normal. They come from either the **stomach** or the small intestine as food is digested and moves along the digestive tract. The muscles in the small intestine move partly digested food, air, water, gas, fibre and other substances. The muscles cause a swirling motion which can cause gurgling sounds. The medical term for this process is peristalsis.

If your stomach is empty the gurgling sounds may be louder until you eat some food. If the gurgling is excessive, the body may be sending "warning signals" about a more serious health problem.



A Dog's Digestive Tract

