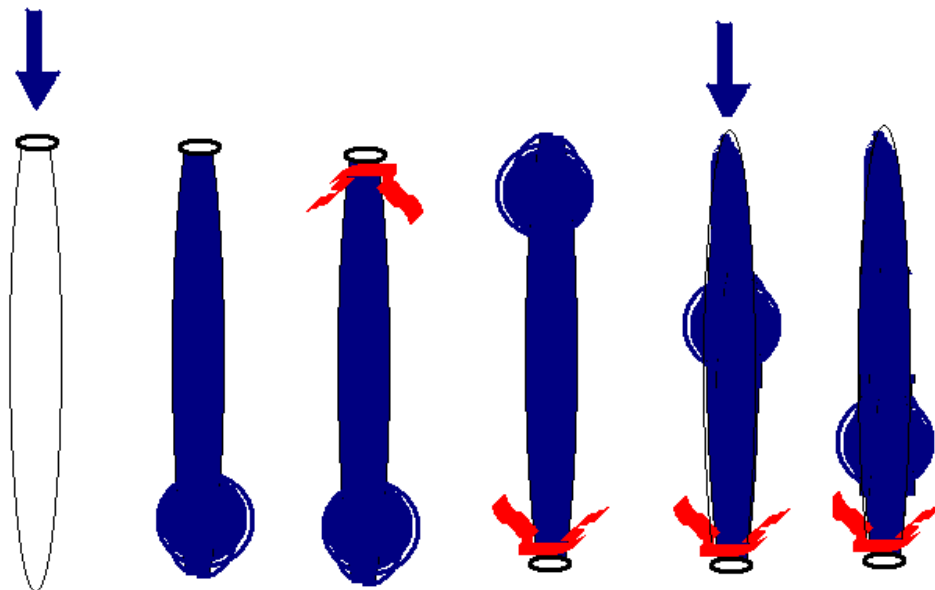


## How Food Moves Through The Body

Our bodies get the energy we need to live from the food we eat. The process of getting nutrients from our food is called digestion. In order to digest food, our food must travel a long way inside our body. There are different stops inside the body, and at every stop something different happens. Let's take a look at how food passes through the body; Food first enters our body through the mouth. Food is chewed and teeth grind food into small pieces. There saliva is added witch makes food softer and easier to swallow. Movements of the tongue also help us swallow food.

When we swallow our food it comes into the esophagus. The esophagus is like a long tube that starts at the top of the neck and ends at the stomach. (Point: Right around the area under the ribs) It's not just a tube. In fact, it's made up of flexible muscles that stretch to the size of the food we swallow. The muscles on top tighten and the muscles on the bottom loosen, this way food moves down. When food moves up, the body warns us something is wrong and we feel nauseous. We can try to demonstrate this.

Let's take a long shaped water balloon, add some water, just enough to make a bulge at the bottom. Tie off the balloon. When we turn the bulge to the top, we can slowly move the bulge down by squeezing the top tighter and, the bottom loosens and lets the bulge pass. This is how food moves in the esophagus.



Name \_\_\_\_\_

Date \_\_\_\_\_

## How Food Moves Through The Body (Cont'd)

At the end of the esophagus is the stomach. The stomach is like a flexible bag. It's filled with juices that help digest food. It's also moving constantly. Its job is to mix the juices with the food that comes in. If we don't eat on time, air enters the stomach and our stomach starts to "Growl". This is how we know; we are hungry and its time to eat!

After the stomach mixes the food with juices, it allows food to travel on to the intestines. The intestines are also tube like. They can actually be several feet long. They fit in our body because they are wound up in our abdomen. The intestines are actually made up of 2 important parts. The first part is called the Small Intestine and it collects nutrients for the body and the second part, called the Large intestine, collects water. The parts that the body cannot use are passed as feces through the anus.

Name \_\_\_\_\_

Date \_\_\_\_\_

## How Food Moves Through The Body Questions

1. How does food enter the body?

- A. Through the esophagus
- B. When we swallow
- C. Through the mouth
- D. None of the above

2. What makes our food easier to swallow?

- A. Drinking
- B. Saliva
- C. Saliva and Chewing
- D. Saliva, Chewing tongue movements

3. Which part of our body helps us to swallow?

- A. Teeth
- B. Saliva
- C. Tongue
- D. None of the above

4. How does food enter the stomach?

- A. When we swallow
- B. Through the esophagus
- C. Through the mouth
- D. None of the above

5. The job of the stomach is to...

- A. Collect Nutrients
- B. Collect water
- C. Mix food with juices that help digestion
- D. Move Constantly

6. How often does the stomach move?

- A. Only when we eat.
- B. Only when we are hungry
- C. Only when we swallow
- D. Constantly

Name \_\_\_\_\_

Date \_\_\_\_\_

## How Food Moves Through The Body Questions (Cont'd)

7. What are the two main parts that make up the intestines?

- A. Esophagus and stomach
- B. Esophagus and the small intestine
- C. The large intestine and the small intestine
- D. None of the above

9. Where are the intestines located?

- A. At the top of the neck and ends at the stomach
- B. Rolled up in the abdomen
- C. Under the esophagus
- D. None of the above

10. The Small intestines collect...?

- A. Water
- B. Food
- C. Parts of food that the body can not use
- D. Nutrients

11. The large intestines collect...?

- A. Water
- B. Food
- C. Parts of food that the body can not use
- D. Nutrients

12. Put the organs that food moves through in the correct order.

Stomach, small intestine, anus, large intestine, mouth, esophagus

Name \_\_\_\_\_

Date \_\_\_\_\_

## How Food Moves Through The Body Answers

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Name \_\_\_\_\_

Date \_\_\_\_\_

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**Mouth, Esophagus, Stomach, small intestine, large intestine, anus**