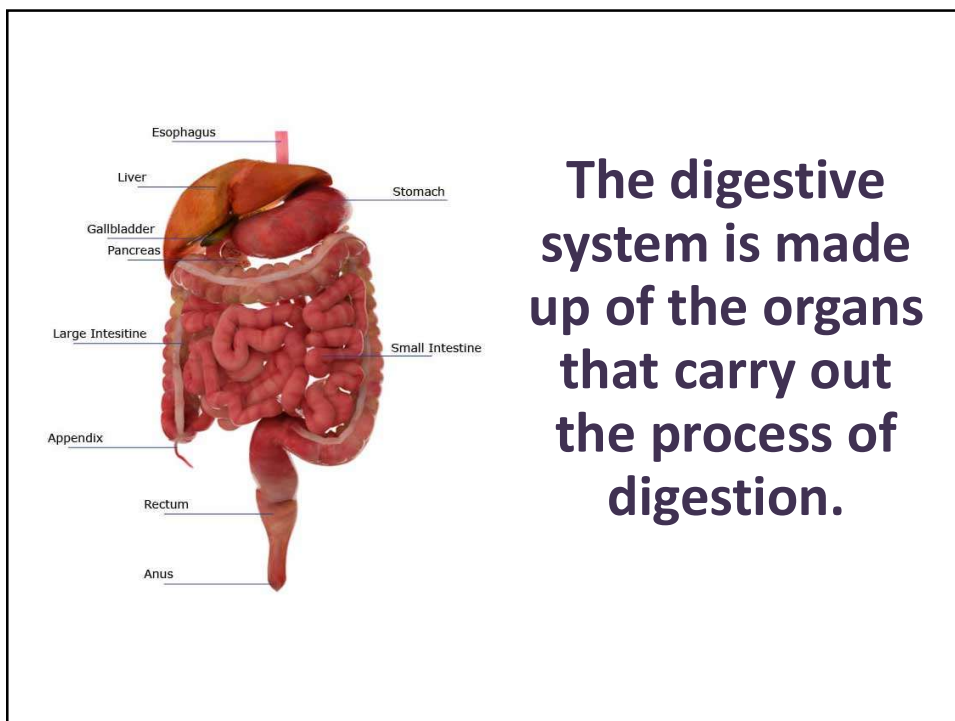




## Lesson 3: The Digestive System

1



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## So what is digestion?

Digestion is the process by which our bodies break down food so that it can be used for energy.



3

*Discovery Education Video:*

**Food Into Fuel: Our Digestive System**

4

**Our bodies break down  
food in two ways:**

5

**Mechanical digestion is the  
breaking down of food into  
smaller pieces.**



**Chewing is  
an example of  
mechanical  
digestion.**

6

**Chemical digestion is the process of breaking down food into nutrients that our bodies can use.**

When the acid in our stomach breaks down food, this is an example of chemical digestion.



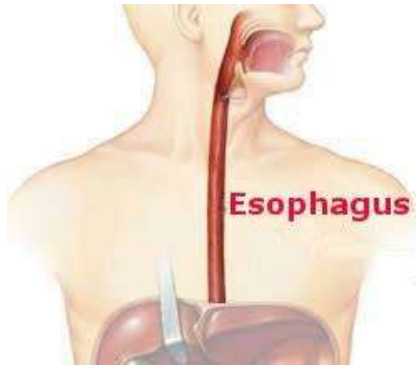
7

**Digestion begins in the mouth.**



The teeth crush the food into smaller pieces as we chew, while saliva begins to soften and break down the food.

8



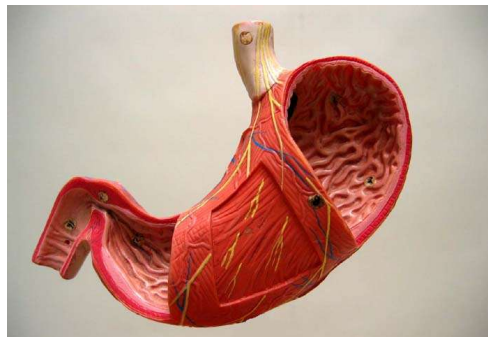
**When we swallow, the food travels down our esophagus.**

**Muscles lining the esophagus help to move the food downward toward the stomach.**

9

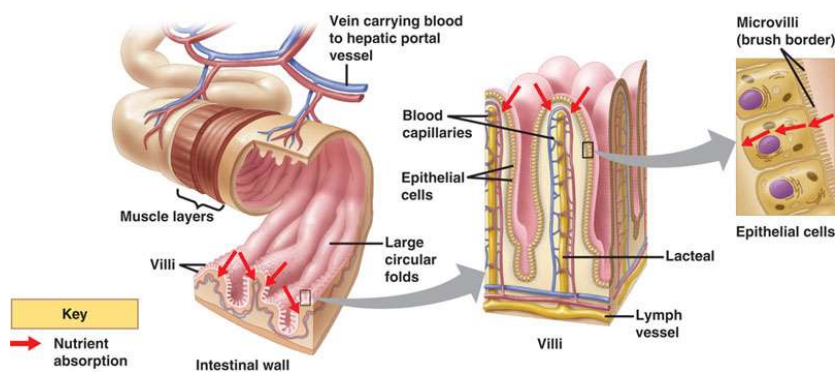
**Inside the stomach, hydrochloric acid (HCl) and other digestive fluids continue to chemically break down food.**

**The stomach's rough lining also works to break food into smaller pieces.**



10

**Next food moves into the small intestine. Villi inside the small intestine continue to break down food and absorb nutrients that our bodies can use.**



11

**The remaining food passes through the large intestine.**



**At this point our body has absorbed all the energy that it can from the food, and what remains will be removed from the body as waste.**

12

## **The Digestive System: Key Questions**

- 1. What are the important organs in the digestive system and what is their function?**
- 2. How does the digestive system help the body?**
- 3. How does food travel through the digestive system?**