

The Digestive System and Movement

1 | Mouth: Teeth grind food up into small pieces.

2 | Salivary Glands: Saliva flows from these glands into your mouth. Enzymes in the saliva start breaking down carbohydrates.

3 | Esophagus: The swallowed “ball” of food is squeezed from behind to push it towards the stomach.

4 | Stomach: Stomach enzymes, “turned on” by acids, begin breaking down proteins. Strong muscles “knead” the food, mixing in the enzymes and turning the food to mush.

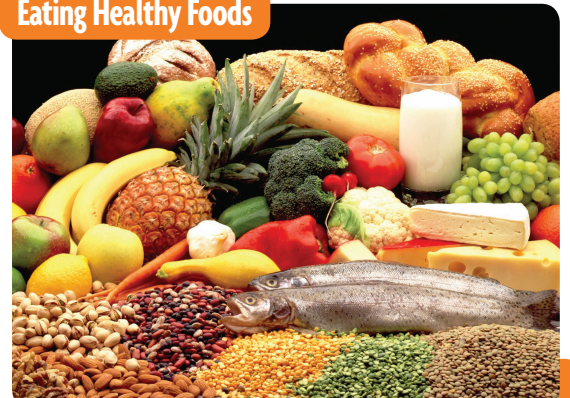
Liver
Gall Bladder
Pancreas

6 | Large Intestine: Undigested food (such as fiber) becomes a stool as water is absorbed from it and passed to the blood.

5 | Small Intestine: More enzymes and digestive juices are added to the mush (some of these come from the liver, gall bladder, and pancreas). Fats and the remaining proteins and carbohydrates are digested into simpler forms. The food is now in a form small and simple enough to pass into the blood.

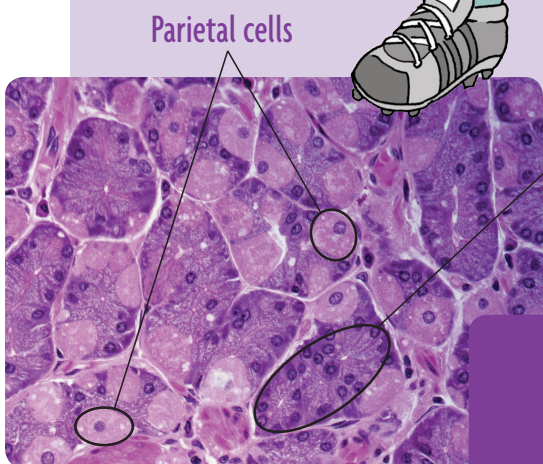
7 | Rectum: The stool is stored here until its time to “go to the bathroom.”

Eating Healthy Foods



Choose from foods such as these to create healthy meals: whole grains, fruits, vegetables, proteins (fish and legumes), and dairy (milk and cheese).

A Closer Look Inside Your Stomach



Parietal cells

A group of chief cells



In this image, two cells that line the stomach are working together to help the body digest protein. The parietal cells, shown in pink, produce an acid that “turns on” the enzymes made by the chief cells, shown in purple.

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