MEET THYSELF

THE MIRACULOUS WORLD WITHIN YOU

THE DIGESTIVE JOURNEY

(SIMPLE BREAKDOWN)

WHAT HAPPENS TO THE FOOD YOU EAT?

1 MOUTH

Saliva begins digesting carbohydrates as you chew.

2 ESOPHAGUS

Muscles push food downward using wave-like movements called peristalsis.

3 STOMACH

Food mixes with hydrochloric acid and digestive enzymes to kill germs and break down proteins.

4 LIVER

A yellow-green liquid called bile, made by your liver and stored in your gallbladder, is secreted to break down fats.

5 PANCREAS

Many digestive enzymes are made in the pancreas.

6 SMALL INTESTINE

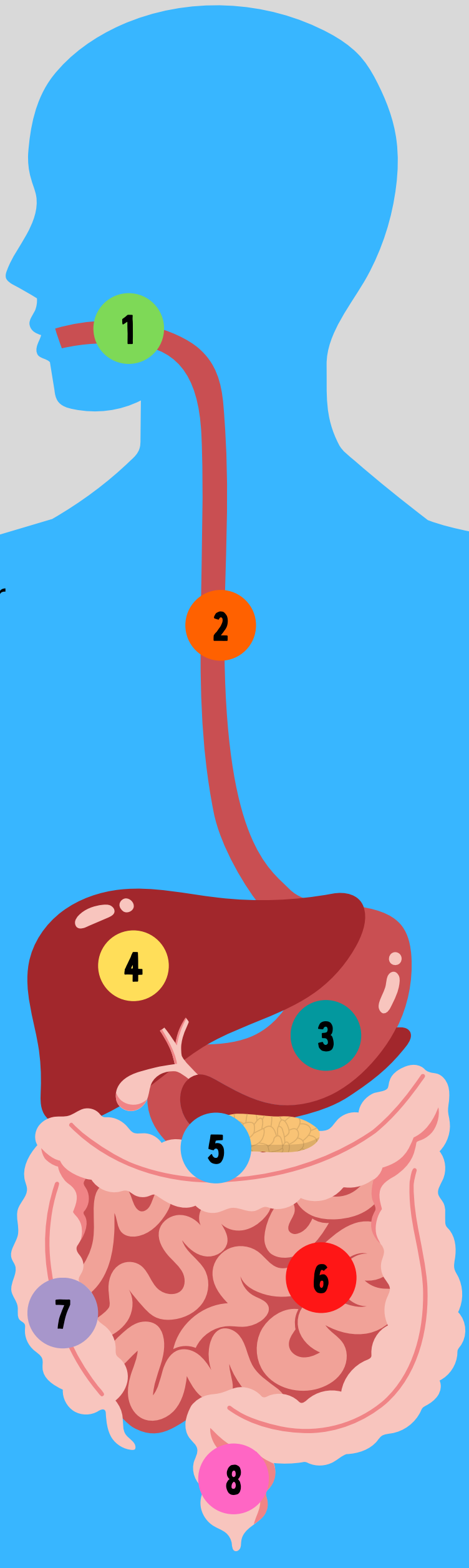
Food mixes with bile and pancreatic juices in your small intestine so nutrients can be absorbed and sent to your liver.

7 LARGE INTESTINE

Water is absorbed, and waste is formed into feces before leaving your body.

8 ANUS

Solid waste passes through your anus to leave your body.



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