



THE JOURNEY THROUGH OUR INSIDES

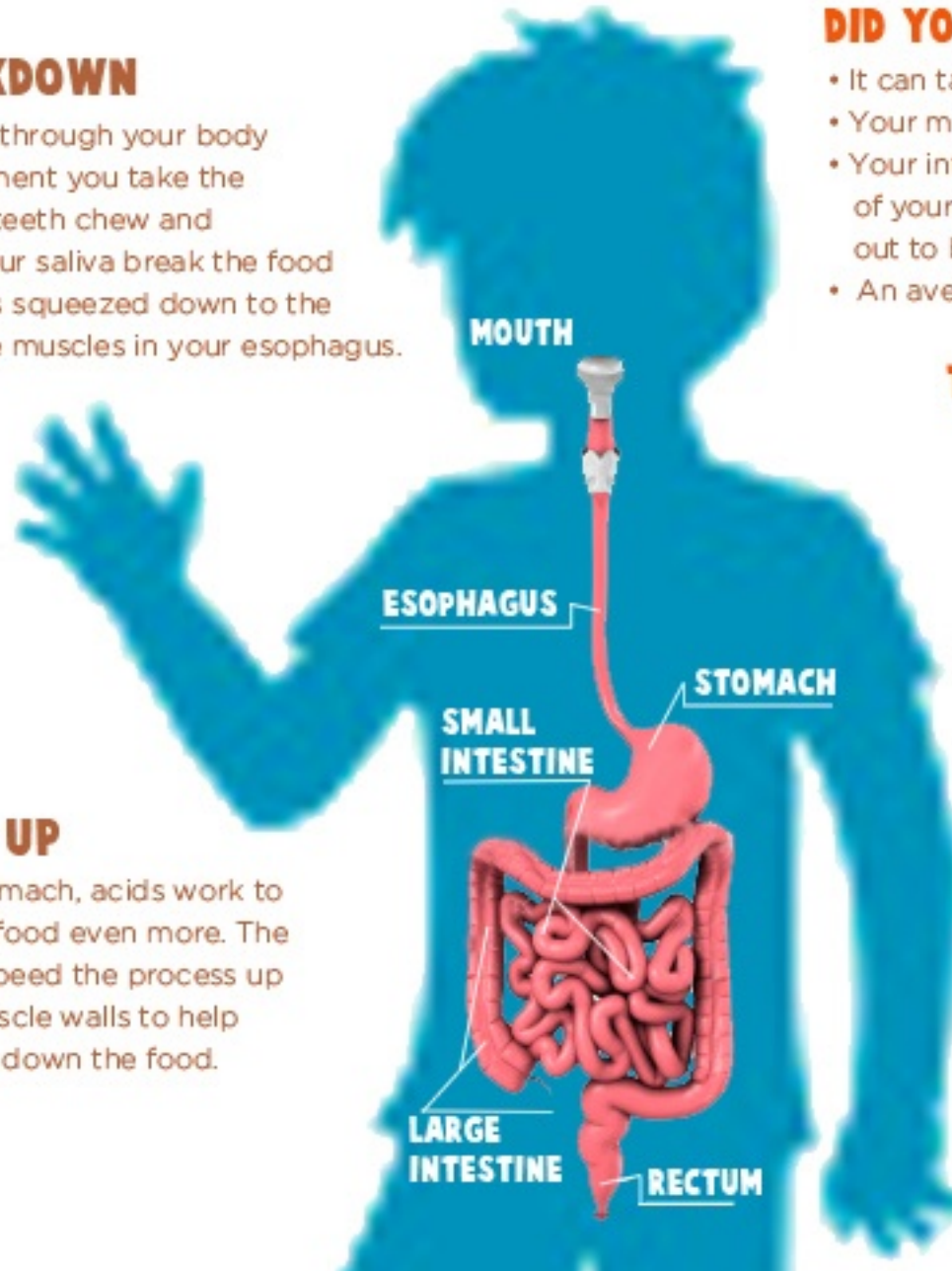
Here is a quick overview of the major parts of our digestive system. You can share this with your kids to help them understand the journey food takes inside their body.

1. THE BREAKDOWN

Food's journey through your body begins the moment you take the first bite. Your teeth chew and chemicals in your saliva break the food down. Then it is squeezed down to the stomach by the muscles in your esophagus.

2. CHURN IT UP

Once in your stomach, acids work to break down the food even more. The stomach helps speed the process up by flexing its muscle walls to help churn and break down the food.



DID YOU KNOW ?

- It can take 1 to 3 days for food to travel through your body.
- Your mouth makes an average of 3 cups of spit each day.
- Your intestines are about 10 times longer than the length of your body. And a horse's intestine can be stretched out to be 89 feet long!
- An average person will eat 50 tons of food in their life.

TIPS TO HELP KEEP THINGS MOVING

- Eat a healthy variety of foods.
- Drink plenty of water as well as milk and juice.
- Exercise a bit every day.

3. POWER TO THE BODY

Food is moved through the bottom opening in the stomach into the small intestine. Once it is there more chemicals from your pancreas break down the food even further. Nutrients are absorbed and taken into the blood by villi, which look like tiny fingers.

4. MOVE IT OUT

Next, food moves to the large intestine where water is extracted, leftovers are compacted and held by the rectum until it is time for you to go poop.