






ANATOMY:

1. Vitamins & Minerals

Vitamins and minerals

You need about 30 of these every day—but only in tiny amounts! Your body needs them to work properly. They help you grow and develop.

Name	Needed for	Source
Vitamins		
Vitamin A	Growth, healthy eyes and bones, fighting germs	Salmon 
Vitamin B	Making proteins and enzymes, making energy	Cereal 
Vitamin C	Good vision, bone and tissue growth, fighting germs	Oranges 
Vitamin D	Healthy bones, getting calcium from food	Eggs 
Vitamin E	Healthy enzymes, making red blood cells	Nuts 

What VITAMIN is found in EGGS?







What VITAMIN is found in SALMON?

What VITAMIN is found in ORANGES?

What MINERAL is found in CHEESE?

What MINERAL is found in SPINACH?

Minerals

Zinc	Healing the body, making enzymes and proteins	Bread 
Calcium	Bones and teeth, healthy nerves, blood clotting	Cheese 
Iron	Hemoglobin (carries oxygen in red blood cells)	Spinach 
Magnesium	Healthy nerves and muscles, building bones	Green veggies 
Potassium	Heart, muscle, and cell function, healthy nerves	Bananas 
Chlorine	Acid in stomach, keeping body fluids in balance	Salt 

ANATOMY:

Fats

Fats give you energy. They also help your body take in nutrients and build cells. Liquid fats are called oils. The oils in olives, nuts, seeds, and some fish are good for your brain and heart. But don't eat too much solid fat—like butter!

What do FATS give you?

What does FIBER help with?

Fiber

You need fiber to help move food through your digestive system. Lots of brown foods, such as whole wheat bread, are high in fiber, and so are many colorful fruits.



ANATOMY:



Why do I burp?!

Gases produced by digestion, plus swallowed air, gather in the upper part of the stomach. They are released from the mouth as burps!



Digestive system

Your body needs food to give it energy, vitamins, and minerals. The food must be broken down, in stages, into substances that your organs and cells can use. This is the job of your digestive system.

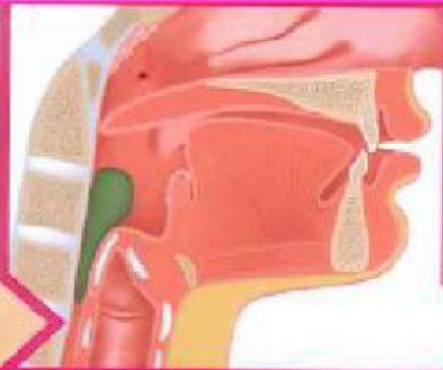
What is the digestive system?

ANATOMY:



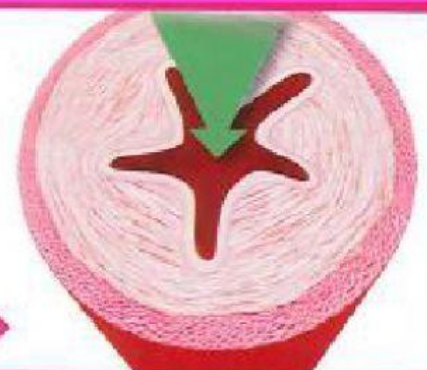
1 Chewing

The teeth and tongue mash up food, mix it with saliva, and form it into a ball called a bolus. Enzymes in the saliva start to digest starch in the food.



2 Swallowing

The tongue moves the bolus to the back of the mouth. Muscle contractions in the pharynx (throat) push the bolus toward the esophagus.



3 To the stomach

Waves of contractions pass through the layers of muscle in the esophagus wall. They move the bolus of food down toward the stomach.



4 In the stomach

The food is mixed with gastric juices to break it down. Muscles contract to reduce the food to a thick, milky material called chyme.



5 In the small intestine

More enzymes are added to the chyme to complete digestion. Nutrients and water pass through the walls into the blood. Waste is left behind.



6 In the large intestine

The waste moves into the large intestine. About 90 percent of the remaining water is removed, leaving semi-solid waste called feces.



7 The end of the journey

Feces are held in the rectum. They leave the body via an opening called the anus, which is controlled by muscles called sphincters.

What is the last stage of the digestive system?

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