

Name: \_\_\_\_\_

### Digestive System Reading Notes

1. Digestion allows your body to get \_\_\_\_\_ and energy it needs from the food you eat.
2. Digestion begins when \_\_\_\_\_ forms in your mouth. Saliva breaks down the \_\_\_\_\_ in your food a bit, which helps make the food easy to swallow.
3. Your \_\_\_\_\_ helps push the food around while you chew with your \_\_\_\_\_, the small ball of food that you swallow is called a \_\_\_\_\_.
4. The \_\_\_\_\_ is the second part of the digestive tract.
5. How long is the esophagus?
6. What structure blocks food from entering your windpipe?
7. Once food is in the esophagus, \_\_\_\_\_ move in a wavy motion to slowly squeeze food to your stomach.
8. What causes heartburn?
9. The stomach has 3 jobs:
  - a. \_\_\_\_\_ food that you have eaten
  - b. Break food down into a \_\_\_\_\_
  - c. Slowly empty the mixture into the \_\_\_\_\_
10. The stomach is like a \_\_\_\_\_, churning and mashing together all the small balls of food into smaller and smaller \_\_\_\_\_ using strong \_\_\_\_\_ in the walls and \_\_\_\_\_.
11. The gastric juices also help kill \_\_\_\_\_ that might be in your food.
12. How wide is the small intestine? How long is the small intestine?

13. The small intestine \_\_\_\_\_ the food mixture so that your body can absorb vitamins, \_\_\_\_\_, proteins, \_\_\_\_\_, and fats.

14. There are three structures which help digestion:

a. \_\_\_\_\_-makes juices that help the body digest fats and proteins

b. Liver- produces \_\_\_\_\_ to help absorb fats, filters harmful substances, and stores vitamins

c. \_\_\_\_\_-stores bile until the body needs it

15. How wide is the large intestine? How long is the large intestine?

16. The large intestine has a tiny tube with a closed end called the \_\_\_\_\_.

17. The large intestine is also called the \_\_\_\_\_ and helps the body absorb \_\_\_\_\_ and some minerals into the blood.

18. The large intestine pushes the left over solid material into the \_\_\_\_\_ where it is stored until it exits through the \_\_\_\_\_.

19. What are some things you can do to help out your digestive system? (Name 3)

a.

b.