

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.