

# Digestive System



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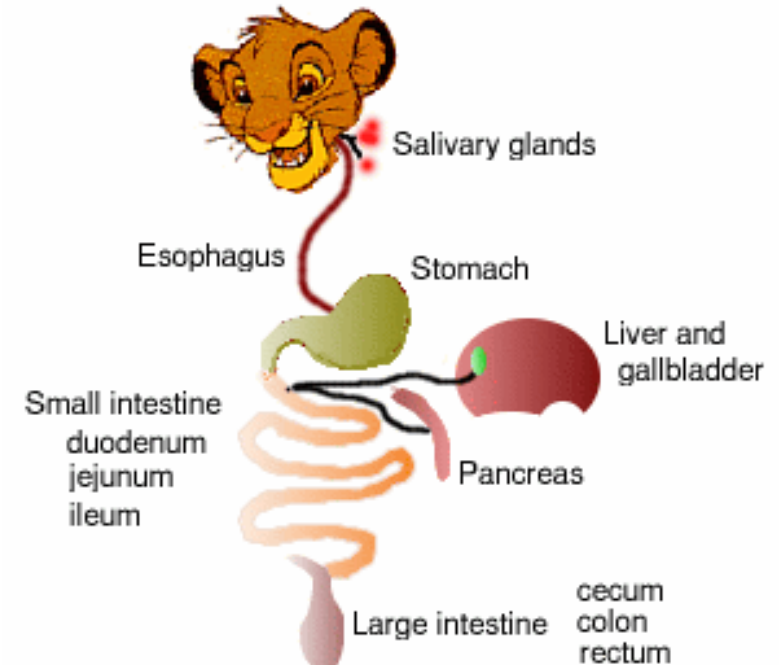


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# Digestive System

- Breaks food apart so our cells can use food for energy.
- Food must be broken down into molecules so our cells can absorb it.



# Mechanical digestion

- Breaking down of food into smaller bits to make it easier to digest.
- Occurs in the mouth and stomach.



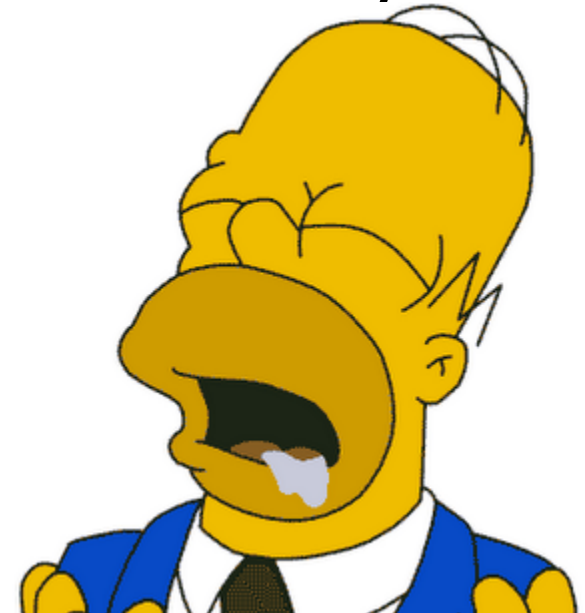
# Chemical Digestion

- Chemical reactions break down large molecules of food into ones small enough to be absorbed by cells.
- Enzymes help speed up the chemical breakdown of food.



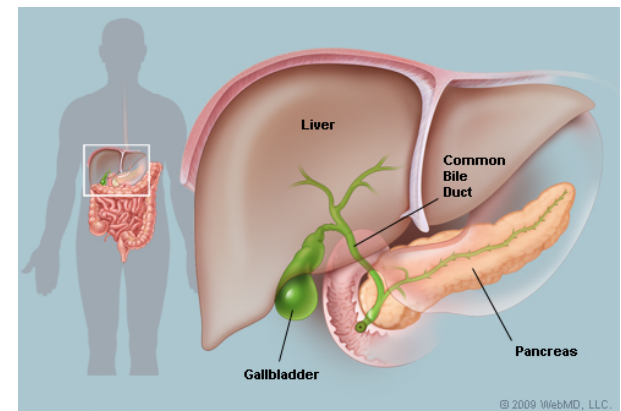
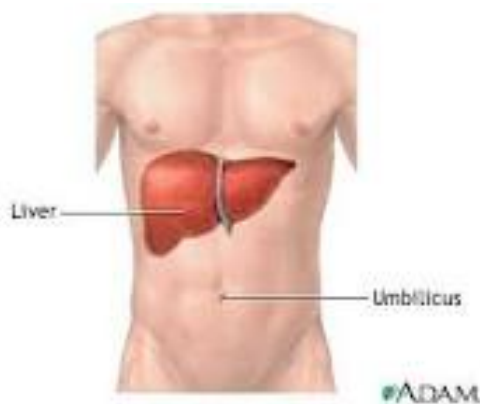
# Mouth and throat

- Teeth break food apart
- Tongue pushes the food to the esophagus, which squeezes it down into your stomach.
- Saliva starts breaking food down chemically.



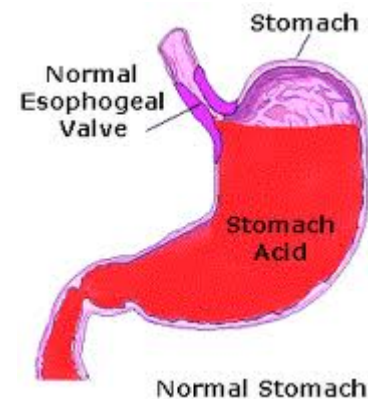
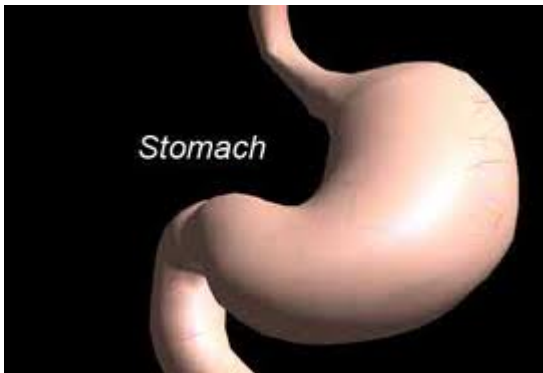
# Accessory Organs

- The liver, gallbladder, and pancreas produce or store enzymes and chemicals that help break down food.
- The liver produces bile, which breaks down fat, and is stored in the gallbladder.



# Stomach

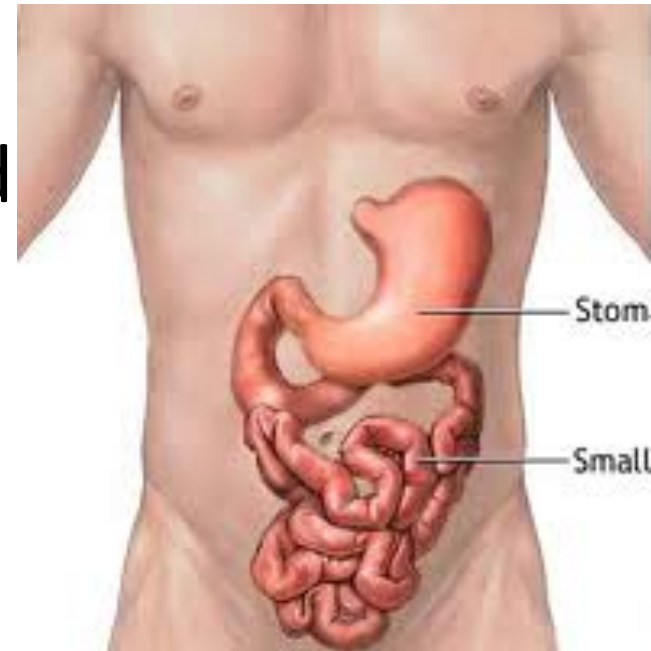
- Food is digested mechanically by the stomach squeezing and turning it.
- Food is digested chemically by mixing it with strong acids, including hydrochloric acid.





# Small Intestines

- Food passes from the stomach to the small intestines.
- Most of the nutrients from the food are absorbed here.
- Chemicals from the liver and pancreas help break down food in the small intestines.





# Time table for digestion

- Food sits in your stomach for up to 4 hours.
- Complete digestion takes 2 or 3 days.



# Obesity

- Excessive fat that endangers health.
- 1 in 3 American adults is obese.
- Obesity can lead to serious health problems such as heart disease and diabetes.

