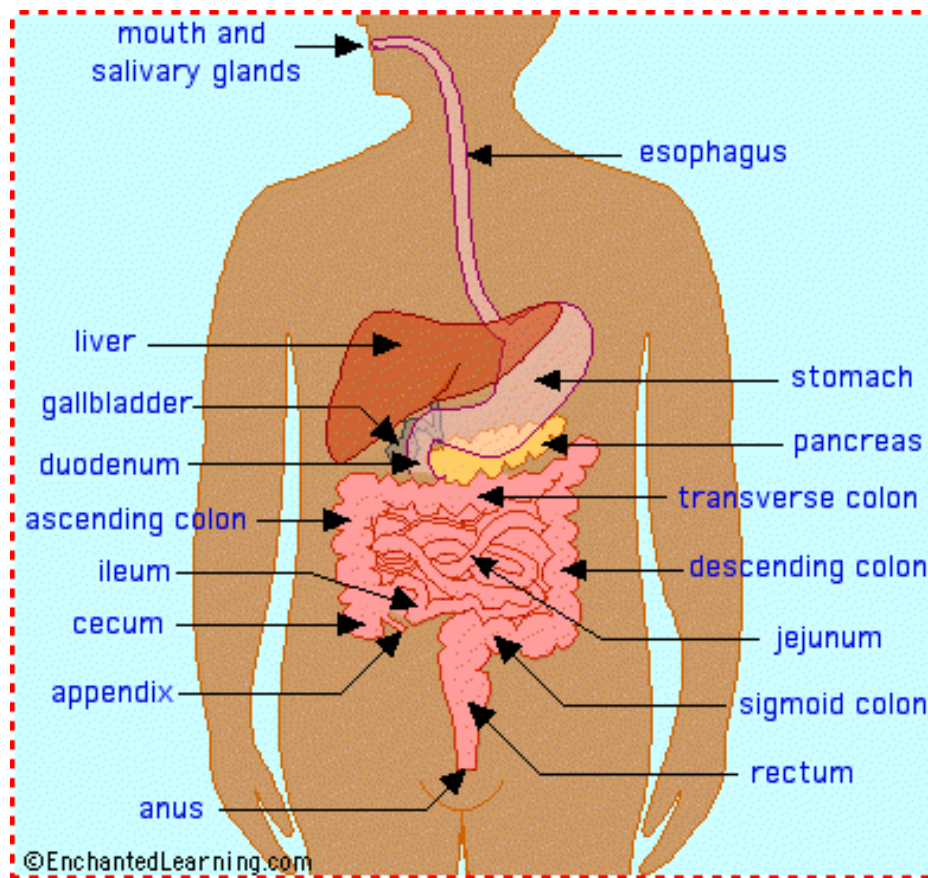


The Human Digestive System



Digestion is the process of breaking down food into molecules small enough for the body to absorb. Proteins, carbohydrates, and fat in our diets must be broken down and later, reassembled in forms useful to our body.

Once food is broken down it provides energy for many essential body functions. It provides the energy for all of our physical activity such as walking, playing sports, working, and talking. It also provides the energy for other, more automatic, activities including breathing and thinking. Food provides the energy for the nerves, muscles, and organs, including the heart, to continue working. It provides the fuel to build and repair body tissues. Food energy is needed to regulate body organs and systems. It is the fuel that provides heat to keep our body temperature at a steady 98.6 degrees

When we eat such things as bread, meat, and vegetables, they are not in a form that the body can use as nourishment. Our food and drink must be changed into smaller molecules of nutrients before they can be absorbed into the blood and carried to cells throughout the body. Digestion is the process by which food and drink are broken down into their smallest parts so that the body can use them to build and nourish cells and to provide energy.

The digestive system is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. Inside this tube is a lining called the mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food.

There are also two solid digestive organs, the liver and the pancreas, which produce juices that reach the intestine through small tubes. In addition, parts of other organ systems (for instance, nerves and blood) play a major role in the digestive system.

Questions :

1. What is digestion?
2. Why do we need energy?
3. What will happen to the food we eat?
4. Explain what you ate today and what all the things you did so far?
5. What happens when you get fever?