

# Nova's Guide to the Incredible Digestive Journey

Follow the fuel! Discover how your body turns your lunch into energy.

- The journey begins in the mouth, where teeth break down food and saliva helps soften it for swallowing.
- The oesophagus acts like a muscular tube, pushing the food down into the stomach using wave-like movements.
- Inside the stomach, food is mixed with strong acids and juices to turn it into a thick liquid.
- The small intestine is where the body absorbs all the useful nutrients from the liquid food into the bloodstream.
- The large intestine absorbs any remaining water, leaving behind the waste that the body cannot use.

*Did you know? Did you know? The journey of your food from your mouth to the end of the digestive system can take anywhere from 24 to 72 hours! That is a very long trip for a piece of toast.*

**Key vocabulary:** Oesophagus · Stomach · Small intestine · Large intestine · Digestion · Nutrients