

Bea's Brilliant Digestion Guide

Follow the food on its amazing journey through your body!

- The journey starts in the mouth, where teeth chew the food into small, soft pieces.
- Food travels down a long tube called the oesophagus to reach the stomach.
- In the stomach, the food is mixed with special juices to break it down further.
- The small intestine absorbs the goodness and nutrients that our bodies need to grow.
- Finally, the large intestine removes any water, leaving the waste for the body to get rid of.

Did you know? Did you know? Even if you stood on your head, your food would still travel down to your stomach! Your muscles squeeze the food down in a wave-like motion.

Key vocabulary: Mouth · Oesophagus · Stomach · Small intestine · Large intestine · Digestion