

Nova's Digestive Journey: How Our Bodies Process Fuel

Fuel your curiosity! Join Nova the owl on an epic voyage through the human body to discover how we turn breakfast into energy.

- The journey begins in the mouth, where teeth break down food and saliva helps soften it, preparing it to travel down the oesophagus.
- Once inside the stomach, powerful acids and muscular churning break the food down into a thick, soupy liquid.
- In the small intestine, the body works hard to absorb essential nutrients and vitamins, passing them into the bloodstream to give us energy.
- The large intestine is the final stop, where the body reabsorbs water and prepares the remaining waste to leave the system.
- The entire digestive process is a vital cycle that converts the food we consume into the fuel required for growth, repair, and daily activity.

Did you know? Did you know? Even if you stand on your head, your food will still reach your stomach! This is because the muscles in your oesophagus perform a rhythmic, wave-like movement called peristalsis that pushes food downwards regardless of gravity.

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