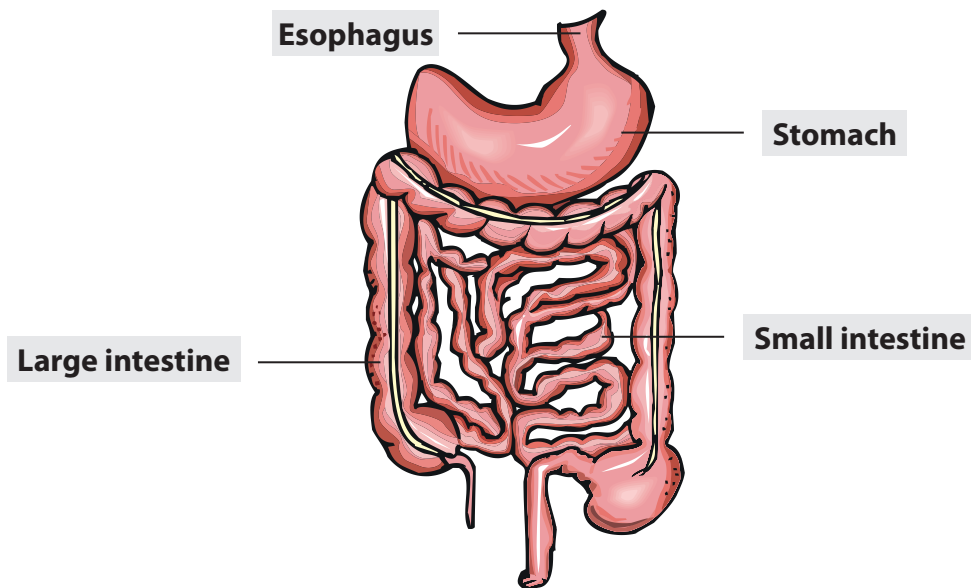


Digestive System



Your digestive system starts as soon as you put food into your mouth. Saliva starts to soften the food and break it down ready to swallow.

Your food starts its journey by being swallowed. It then enters the esophagus which is about 25 centimeters long on its way to your stomach. This process takes about 3 seconds.

Your stomach is attached to the end of your esophagus and is a stretchy sack. Your stomach mixes all the food you have eaten together using the strong muscles of the stomach. Your stomach produces gastric juices that break the food down further and help to kill any bacteria you may have eaten. Your food then enters the small intestines. Your small intestine is another amazing part of your body. In an adult it is about 22 feet long and is situated beneath your stomach.

The small intestine breaks down your food even more so that your body can absorb the vitamins, fats, carbohydrates, proteins and minerals from the food you have eaten. The food you have eaten can spend up to 4 hours in the small intestine. After your body has absorbed all the nutrients from your food and all that is left is waste, it moves on to the large intestine.

The large intestine is fatter than the small intestine and about 5 feet long. Once the nutrients are removed from the food, your body is left with stuff it can't use. This waste has to be got rid of and leaves the large intestine when you go to the toilet.

To keep your digestive system working efficiently it is good to eat lots of fiber such as fruits, vegetables and whole grains. You should also drink plenty of water.

Name: _____

Subject: Year 5 Science

Date: _____

Sheet: Digestive system

Read the information about the digestive system on the previous page and then answer these questions.

a) How does your food start its journey? _____

b) How long is your esophagus? _____

c) Is this sentence true or false?

Food takes about 10 seconds to reach your stomach. _____

d) Underline the correct answer. What helps to kill any bacteria in your stomach?

1. esophagus

2. strong muscles

3. gastric juices

4. saliva

e) Where is the small intestine? _____

f) Name two foods that contain carbohydrates? _____

g) Name two foods that contain protein? _____

h) Label the diagram below.

