

**What is the first stage of the digestive system?**



**What is the function of the teeth?**



What do you know



gestive system?

**What do you want to know about our digestive system?**

**Discuss with the people on your table and jot down some answers on the sticky notes.**

**Once you've chewed  
your food, how long do  
you think it takes to get  
to your stomach?**



**Take a small bite of your cracker and chew it up – but don't swallow it until I say!**

<http://www.online-stopwatch.com/full-screen-stopwatch/>

# 6 Seconds!

**What if you were upside down –  
would it take a different amount of  
time?**

**Still about 6 seconds – but I wouldn't recommend trying!**



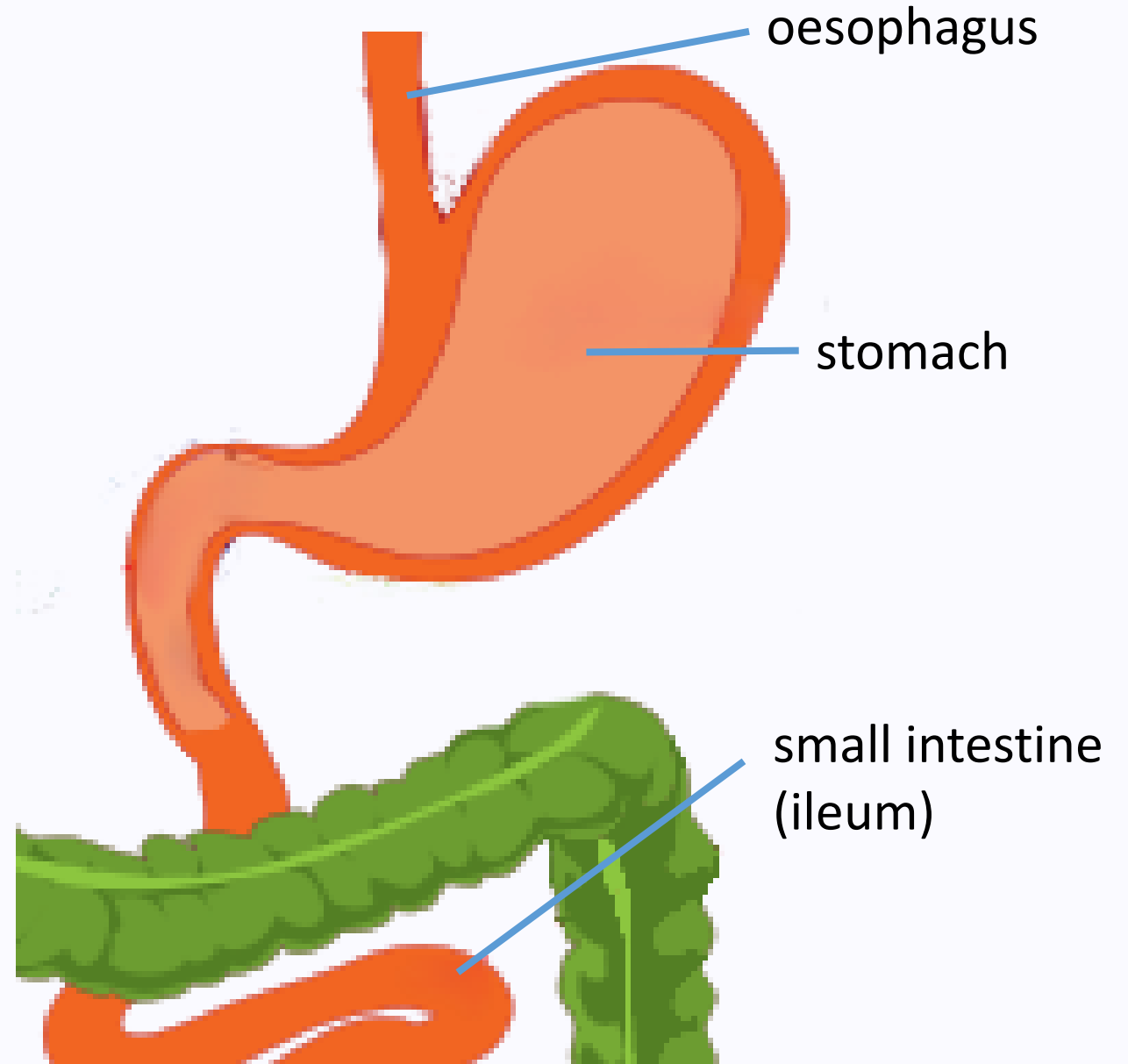


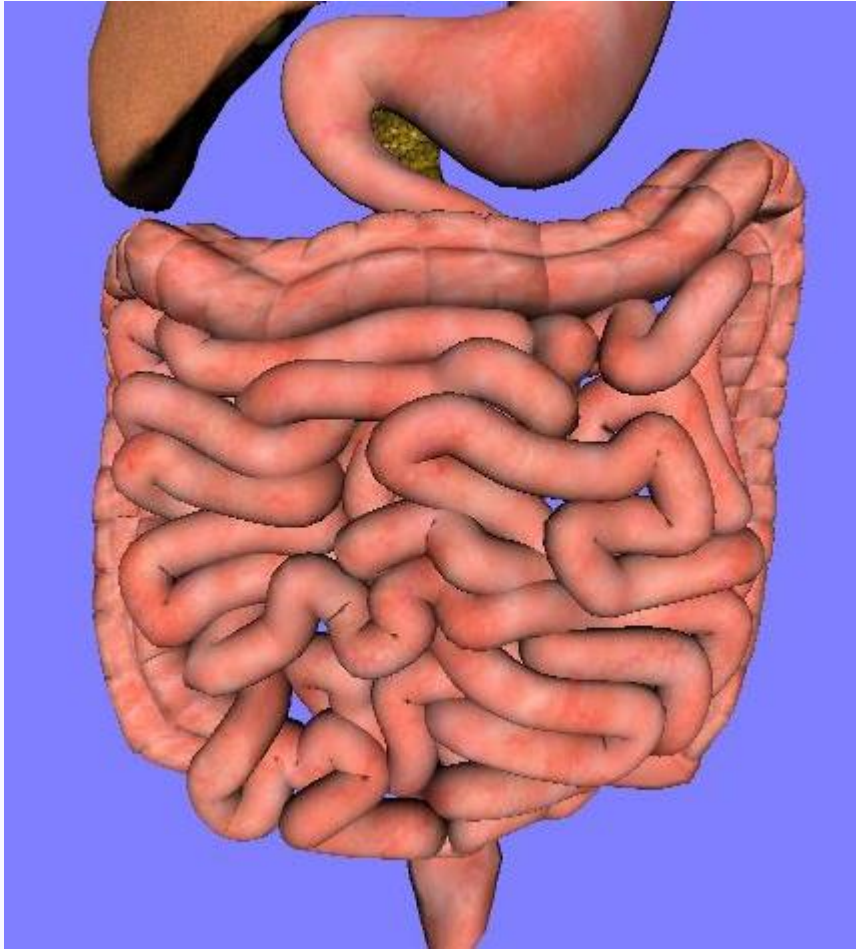
Food is moved along the oesophagus (food pipe or gullet) between the mouth and the stomach by the muscles around it. They move in a worm-like motion called peristalsis and push the food towards the stomach.



# The Stomach

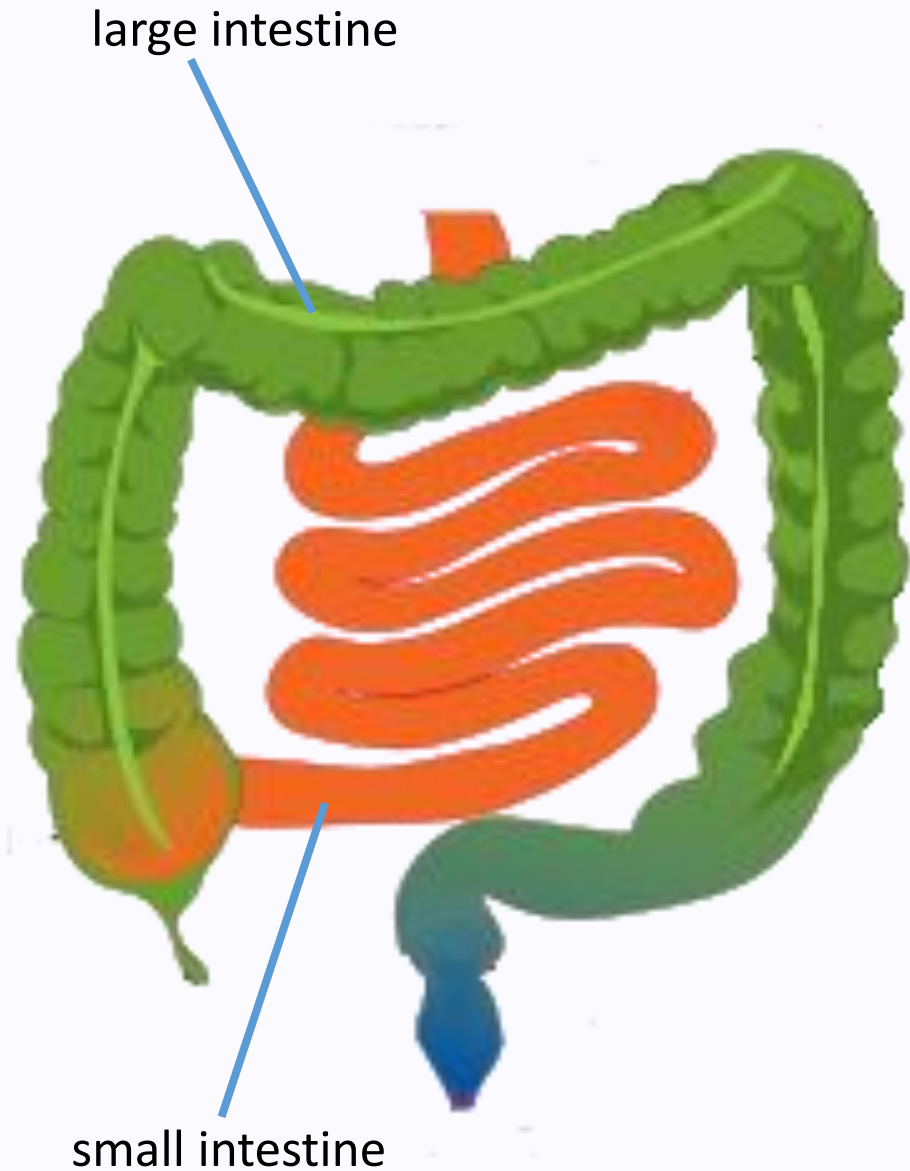
The acids and enzymes in the stomach break down the food. The muscles surrounding it contract to help churn up the food.





# The Small Intestine

The partially digested food then moves from the stomach to the small intestine. It takes about 20 minutes for your chewed up food to travel from your mouth to here. The small intestine does most of the work – almost all of the digestion and absorption of nutrients and minerals happens here. The remains of the food move along the intestine by peristalsis, just like it does through the oesophagus. It is about 7 metres long!



# The Large Intestine

If the small intestine is 7 metres long, how long do you think the large intestine is?

It is actually only 1.5 metres long. It is called the large intestine because it is a lot wider than the small intestine. It is the final stage of the digestive system. The last of the water is absorbed, and the waste hardens and forms faeces (poo).



# What is the result of a healthy digestive system?

**A healthy body!**

**Your digestive system turns the food you eat in to the fuel that your body needs.**

