

Your Digestive System

How does my digestive system work?

Whenever you eat your body has to digest your food. So, when you put a piece of food in your mouth, you chew the food with your teeth, and this breaks up the food up. There is also saliva in your mouth which also helps to break up food. When you swallow, the broken up food goes down a tube into your stomach. In your stomach the food is digested further into tiny bits. The tiny bits go into your blood. Your blood is carried to all the parts of your body. The blood gives your body the energy it needs so you can play. Your body does not use some parts of the food you ate and your body gets rid of it when you go to the bathroom.

