Explanation of something important

The food we eat is broken down and used by our bodies. This breaking down of food is called digestion.

You may have heard your stomach gurgling after you have eaten. The stomach, teeth, tongue and intestines all help to digest food.

It then moved to the stomach where the digestive juices made it smaller. In the small intestine, the goodness was ‘soaked up’. Finally, water was taken out in the large intestines.

When you chewed your food, digestion began. The food was pushed by the tongue to the trapdoor at the back of the mouth called the oesophagus.

The goodness that is left can now be carried around the body by the blood to be used for energy, repair and growth!

