**How is Food Digested?**

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.

When you chew your food, digestion begins. The food is pushed by the tongue to the trapdoor at the back of the mouth called the oesophagus.

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

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