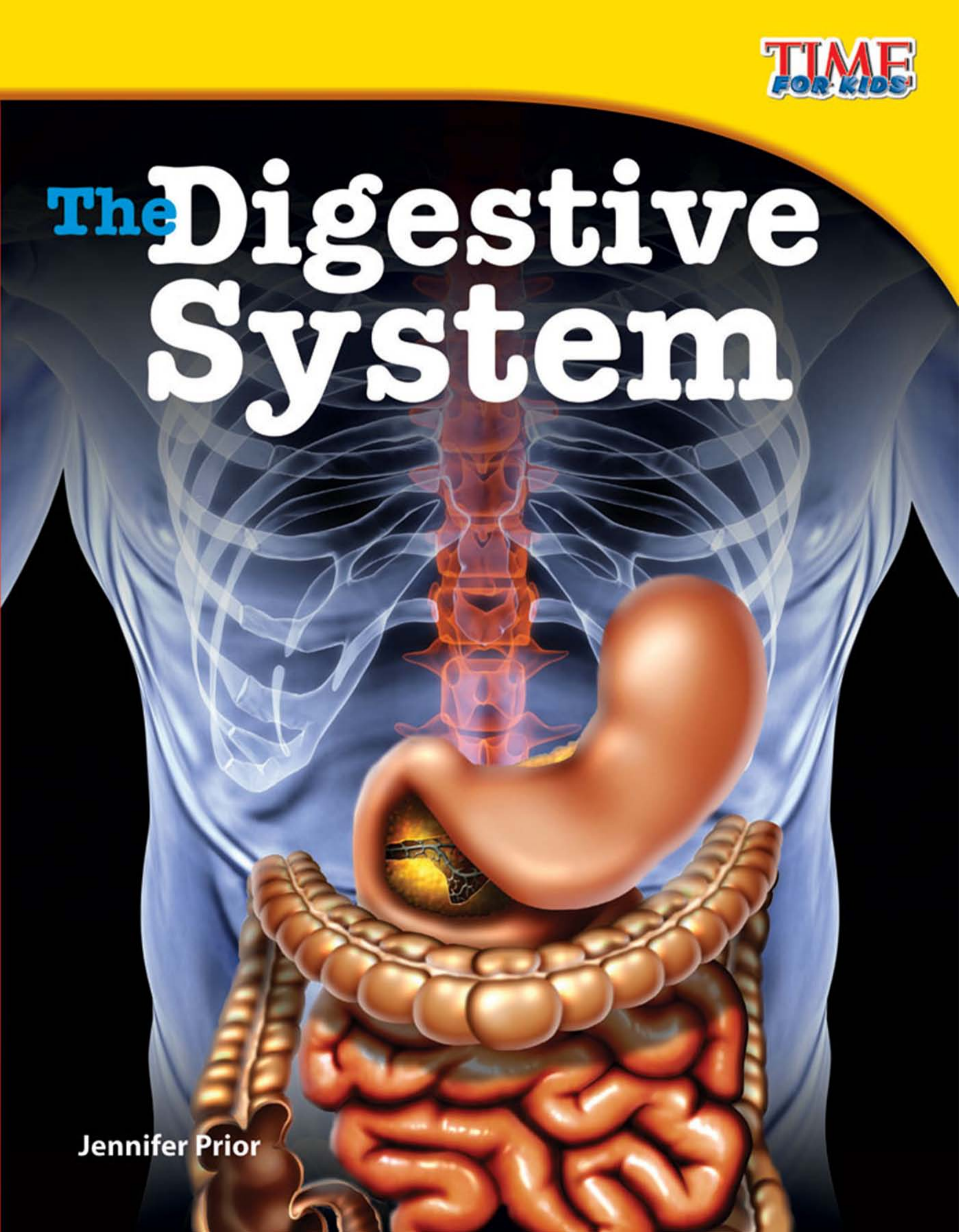


# **The** Digestive System

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# Eat Your Vegetables

“Mom, do I have to eat my vegetables?”

“Yes, honey, they’re good for you.”

“Why are they so good? They don’t taste good.”

“When you eat healthy food, it gives your body nourishment.”

“What does that mean?”

“Nourishment feeds your body so it can work the way it’s supposed to work.”

“What happens to food when we eat it?”

“Well, the vitamins and other nutrients in the food get **absorbed** into the body.”

“What does absorbed mean?”

“It means they get soaked up into the bloodstream.”

“But, Mom, how does that happen?”

“You’re stalling. Eat your vegetables.”



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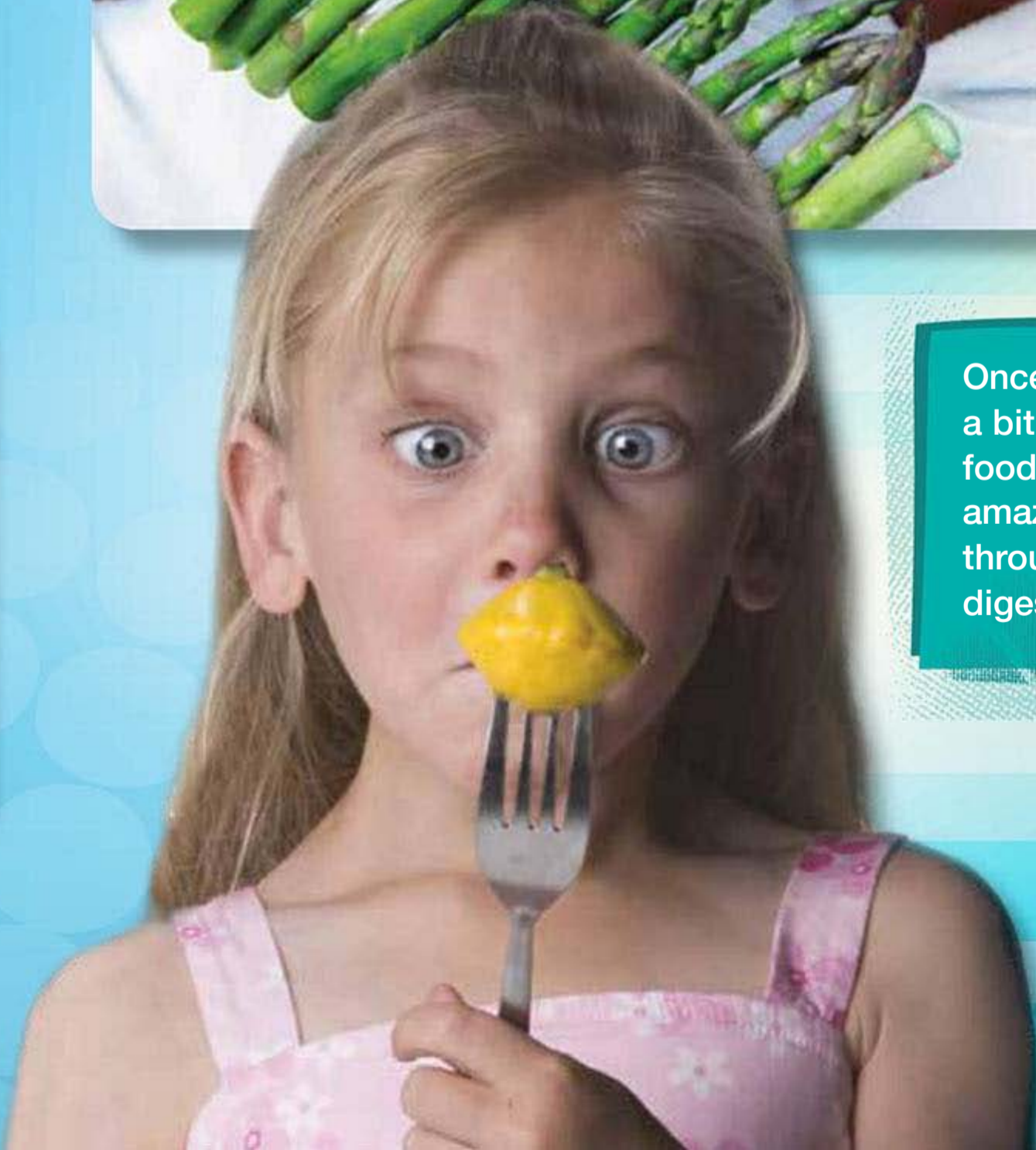
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Once you take a bite, your food begins an amazing journey through the digestive system.

# No Guts, No Glory

Human beings need food in order to feed the body. The healthier the food is, the better it is for your body. But what happens to food once we chew and swallow? Food is processed in the body by the digestive system. It is broken down into smaller and smaller pieces. Then it is absorbed into the body. This gives the body fuel to produce energy.

We all know how food first gets into the body. We eat it! That's the first step in the process, but there is much more to know about digestion.

## GI Track

The digestive system is also called the **gastrointestinal** (gas-troh-in-TES-tuh-nl) **track**, or GI track. *Gastro* refers to the stomach. *Intestinal* refers to the intestines. The stomach and intestines are two important parts of the digestive system.





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