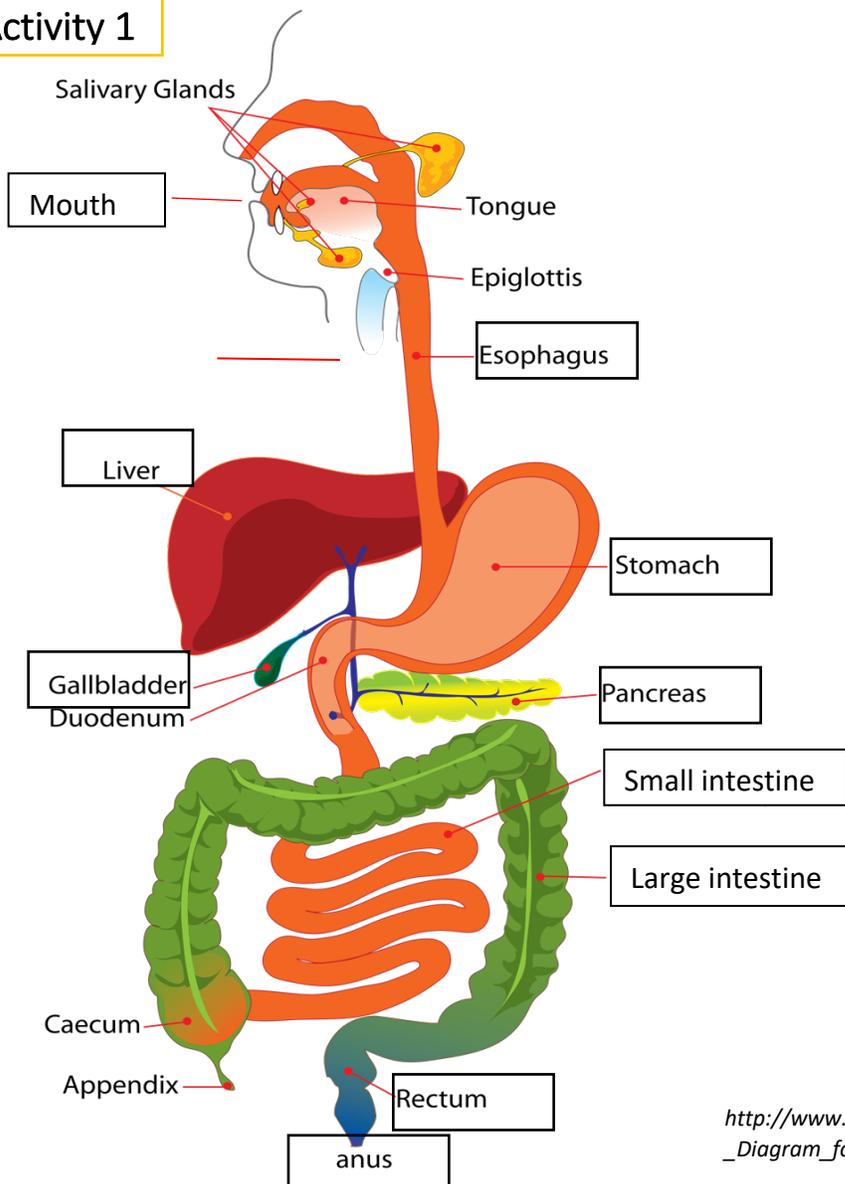


## Activity / Experiment: Intro to the Digestive System Answer Sheet

You've labeled the organs and matched them to their functions. Now you can check your answers!

### Activity 1



### Word Bank

Mouth  
Esophagus  
Stomach  
Small intestine  
Large intestine  
Rectum  
Anus  
Pancreas  
Liver  
Gallbladder

[http://www.infobarrel.com/Digestive\\_System\\_Diagram\\_for\\_Kids\\_Digestion\\_Facts](http://www.infobarrel.com/Digestive_System_Diagram_for_Kids_Digestion_Facts)

## Activity 2

### Word Bank

- a) Esophagus
- b) Stomach
- c) Rectum
- d) Gallbladder
- e) Large intestine
- f) Anus
- g) Pancreas
- h) Mouth
- i) Small intestine
- j) Liver

H Teeth, tongue, and saliva breaks down food here before it gets swallowed.

A This tube transports food from the mouth to the stomach.

B Here, swallowed food is stored, mixed, and then emptied into the next organ.

I Here, food is digested and dissolved by juices from the liver, pancreas, and intestine. Nutrients are absorbed and undigested food is pushed to the next organ for even more absorption.

J This organ cleans and sorts nutrient-rich blood before the blood can go through the rest of the body.

D This organ stores bile, a fluid made by the liver which helps the body absorb fat into the bloodstream. The liver also uses bile to transport extra nutrients or poisons back into the intestine so that we can get rid of them.

G This organ makes chemicals that help break down proteins, fats, and carbohydrates into energy that our body needs to remain active.

E Here, water and the last bit of nutrients are absorbed and waste (anything this was not digested like fiber and old cells), also known as feces or poop is pushed onward.

C Waste is stored here until you are ready to use the bathroom.

F Finally, waste leaves the body through this organ.

## Guiding Questions:

Why do you think that we need to eat healthy foods such as fruits, vegetables, grains, protein, and dairy?

The 5 food groups, eaten in the right amount make up a healthy diet. Each food group provides carbohydrates, fats, proteins which our bodies need to create energy. We use this energy when we do physical activities. Also, it is important to eat healthy foods, especially whole foods, (food in its simplest form or food that hasn't been processed) as they have the most nutrients and are mostly free of added chemicals.

Why do we need to drink plenty of fluids, especially water?

It is important to drink plenty of fluids, especially water because water helps the body function in many ways. The digestive system uses water to:

- Break down and move food through each organ.
- Aid in the absorption of nutrients from the intestines to the bloodstream.
- Have a more pleasant bowel movement (pooping experience) as it softens waste to prevent constipation (hard poop that won't move).

Describe how the body takes in food, breaks it down, stores nutrients, and gets rid of waste.

1. When we eat, the tongue, teeth, and saliva break down the food in the **mouth**.
2. We swallow that food and it passes through the **esophagus**.
3. Next is the **stomach** where the food mixes with juices that break it down.
4. The stomach empties into the **small intestine** where food is digested and dissolved by juices from the **liver, pancreas, and intestine**. Nutrient absorption also occurs here.
5. The small intestine empties into the **large intestine** where water and the last bit of nutrients are absorbed into the bloodstream.
6. The **rectum** stores the waste until it's time to use the bathroom.
7. The waste leaves the body through the **anus**.