

YOUR AMAZING DIGESTIVE SYSTEM!
By I HEART GUTS!



EYEBALLS - find YUMMY food
TEETH - crush food
SAUVARY GLANDS - moisten food

TRACHEA - sends air to lungs

EPIGLOTTIS - keeps food from going into lungs
ESOPHAGUS - sends food to stomach

THYROID - helps brain decide how energy from food is used

SPINAL CORD - helps brain talk to other organs

WHY DO WE EAT?
• body needs energy for growth + repairs

HEART - pumps blood throughout body
BLOOD STREAM - picks up nutrients and brings them to cells

LUNGS - oxygen helps cells use energy

STOMACH - breaks down food with acid. your food spends about 4 hours in there.

LIVER - makes important chemicals for digestion

PANCREAS - makes stuff that helps digest sugar and regulates sugar in bloodstream (cookies, cake, etc.)

GALLBLADDER - stores bile, which digests fat (butter, ice cream, etc.)

LARGE INTESTINE - aka colon, removes water from waste to form poop

SMALL INTESTINE - absorbs nutrients from food and sends them into bloodstream. waste goes on to the large intestine

MICROBIOME - tiny bugs that live in our guts and help us digest food

APPENDIX - may save collection of gut bugs for special occasions

VILLI - where nutrients go from intestine into blood

RECTUM - tells your body when it's time to poop

ANUS - where poop exits the body