



**YOUR AMAZING DIGESTIVE SYSTEM!**  
By I HEART GUTS!



**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