

Today I want to take you on a little adventure... inside our bodies! I will show you how food travels like a brave explorer through different organs in our body. The journey starts in the mouth. Our teeth act like tiny machines that chop food into small pieces. Our saliva helps make it soft and easy to swallow. This is where digestion begins. After we swallow, the food slides down a long tube called the oesophagus. It's like a water slide that pushes food straight to the stomach. In the stomach, the food gets mixed and squished in acids. These acids turn it into a soft liquid. The stomach is like a strong blender! Next, the food enters the small intestine. Here, juices help break it down even more. The important nutrients get absorbed into the blood so our body can use them for energy, growth, and repair.

Whatever our body doesn't use moves to

the large intestine. It becomes waste, and the body gets rid of it through the anus. This is the last step of digestion
In the end, digestion has four steps:

Eating

Breaking down

Absorbing nutrients

Getting rid of waste”

To help our digestive organs work well, we need a balanced diet. That means eating the right amount of fruits, vegetables, proteins, carbohydrates, and dairy. Too much sugar can harm our teeth and our body

Our digestive system is amazing because all these organs work together to keep us strong and healthy. Thank you for joining

me on this journey inside the body •

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