Step #1:
In our MOUTH we chew our food to make it into smaller pieces.

Step #2:
Our ESOPHAGUS is a long tube that brings the food from our mouth to our stomach like a water slide.

Step #3:
Our STOMACH muscles twist and turn like a big blender to break the food into soft mush... just like blending a smoothie!

Step #4:
Our SMALL INTESTINE is 22 feet long! On this long journey all nutrients are absorbed from the food into our blood with the help of microvilli!

Step #5:
Our LARGE INTESTINE absorbs remaining water and nutrients before exiting the body.

Digestion is the process that breaks down the food you eat, providing your body with the energy, vitamins and minerals it needs.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.