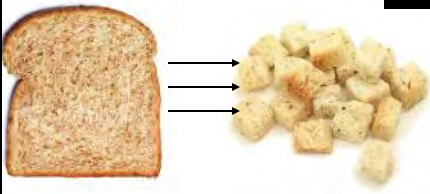


Digestion

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

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 #5:

Our **LARGE INTESTINE** absorbs remaining water and nutrients before exiting the body.



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!

