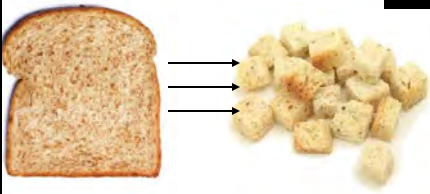# WHERE DOES MY LUNCH GO?

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 remain water and nutrients before exiting the body.