

Supplemental Material

For the Teacher: Digest This!

Listed below are the organs of the digestive tract and their functions.

Mouth	Inside the mouth the teeth chop food into smaller pieces, which are moistened by saliva and then pushed back into the esophagus by the tongue. This is the first step of the digestion process as it begins to break down carbohydrates, such as, grains, fruits, vegetables, dairy, and starchy foods like, bread, rice, potatoes, and pasta.
Esophagus	The esophagus is a muscular tube that acts as a passageway and moves food from the throat to the stomach.
Stomach	The stomach churns and grinds the food into smaller pieces and blends food with acid and enzymes to kill bacteria and break down protein. Examples of protein packed foods that are broken down in the stomach are meats, eggs, poultry and beans.
Liver	The liver makes bile, a green liquid that helps digest fats like oils, nuts, butter, and shortening.
Gallbladder	The gallbladder stores and releases bile.
Pancreas	The pancreas releases digestive juices.
Small Intestine	When the broken down food enters the small intestine, bile from the gallbladder is released to break down fat, and digestive juices from the pancreas help break down the remaining carbohydrates and proteins so that they are easily absorbed by the body. The most absorption of nutrients takes place in the walls of the small intestine.
Large Intestine	The large intestine finishes the absorption process by absorbing water and vitamins B and K, forming solid waste.
Rectum	The last section of the large intestine which stores and gets rid of solid waste.

Digestive Tract

