

## Where Does Food Go?



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What happens after you bite into a piece of food? First you chew the food, and then it travels through your body's digestive **system**<sup>1</sup>. That system breaks down the food into small pieces so that it can be used as energy for your body. Open up, and follow the path of food.

### Look at the Digestive System

Food travels to several places as it is **digested**<sup>2</sup>, or broken down. Follow the trip food takes from the mouth to the **intestines**<sup>3</sup>.

### Breaking Down Your Food

When you take a bite out of an apple and start to chew, the apple mixes with the liquid in your mouth called saliva. Your saliva helps break down food.

### Sending Food to Your Stomach

When you swallow food, it travels down a tube called the **esophagus**<sup>4</sup>. That tube leads to your stomach.

### Turning Food Into Liquid

The stomach is made up of muscles that squeeze the food and mix it with special juices. That turns the food into liquid.

<sup>1</sup> **system** - all parts working together to do something

<sup>2</sup> **digested** - the breaking down of food

<sup>3</sup> **intestines** - tube-like part inside the human body that breaks down food

<sup>4</sup> **esophagus** - a tube-like part that leads from the mouth to the stomach

## Reading Passage

**Carrying Nutrients to Your Body**

The liquid moves to the intestines, where it is broken down again. The healthy parts of food that your body needs, called nutrients, are sent to other parts of your body. The unhealthy parts are pushed out of your body.

**Your Body Burns Calories**

A calorie is a unit of energy. Your digestive system works to break down food, and your body burns the calories from food. Look at how many calories you can burn doing some everyday activities.

**Activity, Time, and Calories Burned**

Watch television

- 30 minutes
- 16 calories

Walk the dog

- 30 minutes
- 66 calories

Pick up litter

- 30 minutes
- 76 calories

Play soccer

- 30 minutes
- 104 calories

Swim

- 30 minutes
- 202 calories

