

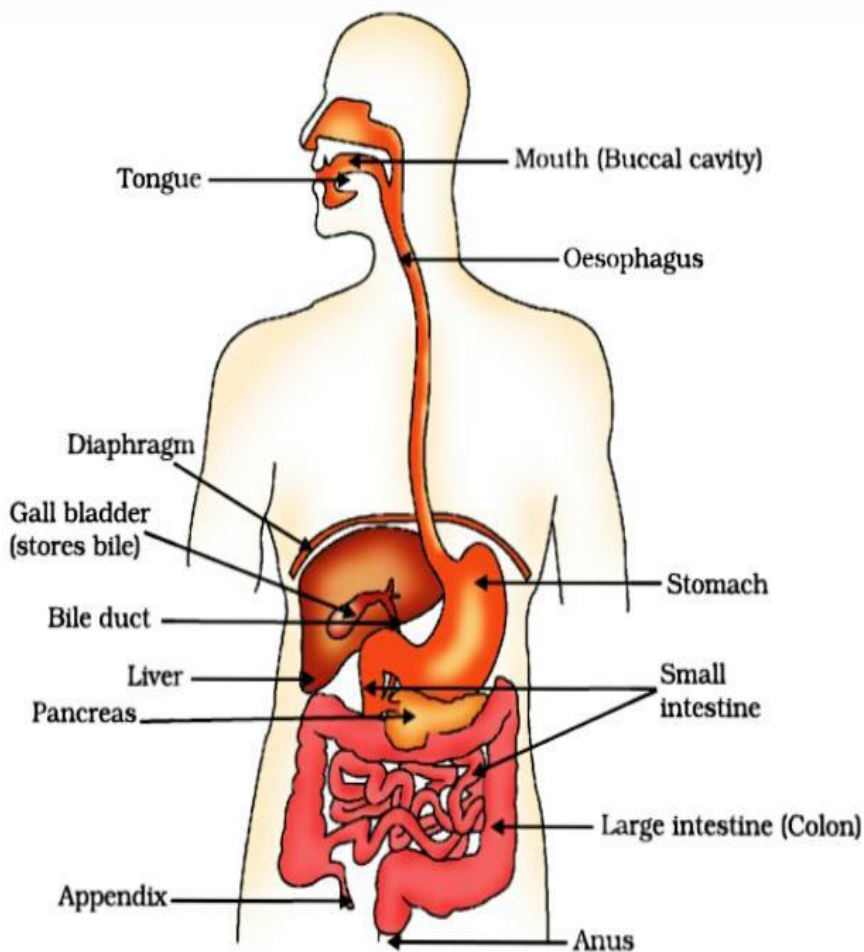


DIGESTION OF FOOD

The process by which food is broken down into simpler form by easy absorption by the body is called digestion. The organs that help in digesting the food in our body is called digestive organs. Mouth, liver, stomach and small intestine and large intestine are digestive organs.

Our Digestive System

Food is digested in alimentary canal with the help of digestive juices. The alimentary canal consists of the mouth, gullet, stomach, small intestine, large intestine rectum and anus.



## In the Mouth

The process of digestion begins in the mouth. The food is chewed and crushed in the mouth with the help of teeth. A fluid called saliva also mixes with the food in the mouth. The saliva is released from the salivary glands present in our mouth. The chewing of food and mixing of saliva with food helps in swallowing and digestion of food. The partially digested food is rolled into small balls by the tongue and then swallowed into called gullet or food pipe.

## In the Gullet

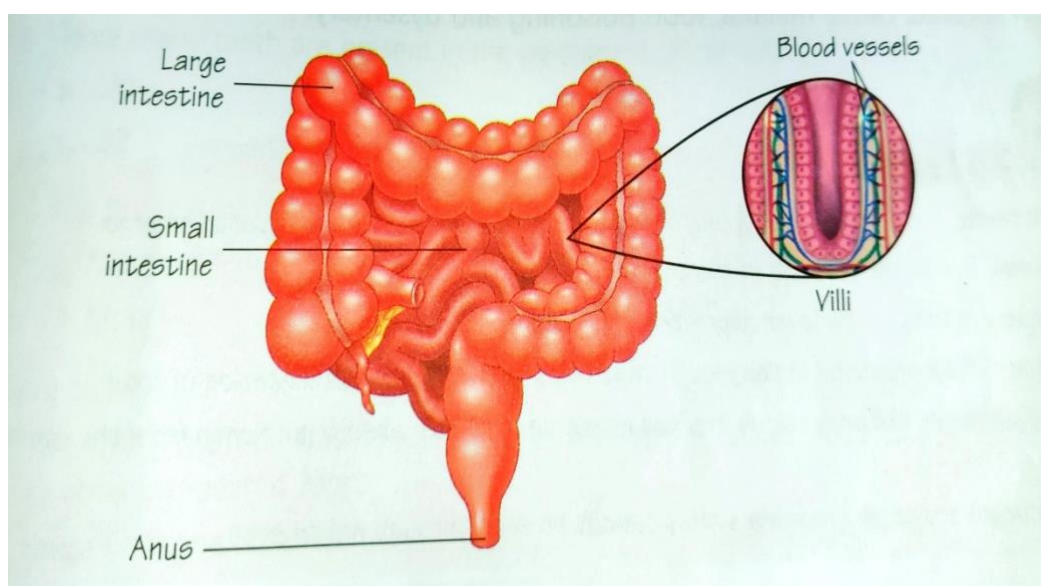
The gullet has strong muscles in its wall. These muscles contract and relax, that produce wave- like pattern that pushes the food along the gullet to the stomach. There is no digestion in the gullet.

## Stomach

The stomach is a bag- like organ made up of muscles. The food is churned into a soft pulp in the stomach.

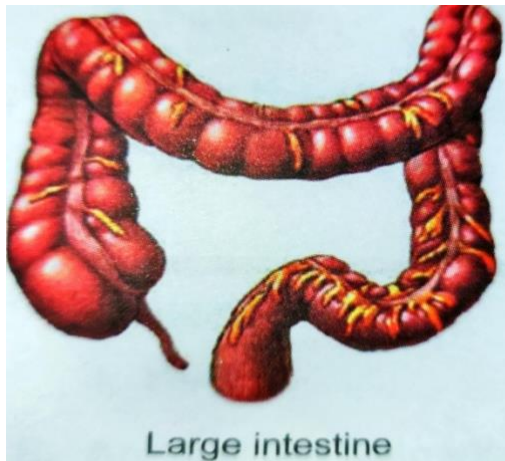
## Small intestine

Small intestine is a thin tube that is approximately 20 feet long. From the stomach food is passed to the small intestine. Here the food is further digested and the nutrients are absorbed. Small intestine has millions of finger – like Villi in its walls which have thin blood vessels to absorb nutrients from the digested food.



Large intestine

It is much wider and shorter than the small intestine. Water from the waste food is absorbed by the walls of large intestine. The remains of the food temporarily stored in the lower part of large intestine called the rectum .



They are then passed out of the body through the anus in the form of f temporarily stored in the lower part of large intestine called the rectum . They are then passed out of the body through the anus in the form of faeces.

How can we have a proper digestion?

- Follow regular eating habits.
- Eat well – balanced diet.
- Ensure taking correct amount of water.
- Eat slowly and chew food well.
- Do not overeat.
- Avoid junk foods.
- Rest awhile after eating because our stomach needs oxygen to digest food.