

What Happens To Your Food When You Eat?

MMMMM.... That looks delicious.

Ever wonder what happens to that food after you swallow it? Where does it go?

The whole process is called DIGESTION.

Let's check it out:

DIGESTION starts in your mouth and ends with, well, your END, your butt.

Ok, now try not to laugh, your mouth has a serious job to do!

When you chew, the food is broken down into smaller pieces. Your spit – or saliva– gets it slippery and wet.

When you're ready to swallow, the food slides down your throat and into the food tube–the esophagus- where it's pushed D O W N, down, down into your belly or stomach.

Your stomach has special juices called stomach acid that squirt onto the food to churn and burn it into a kind of "food goo" (gross!).

Next, the "food-goo" is dumped into the small intestine, which is like a very long, windy tube slide.

Did you know the small intestine is about 20 feet long? That's the size of a small school bus!

Anyway, the small intestine soaks up all of the good things in food that give your body energy.

Now there's some liquidy stuff left that the body won't use.

And that's what the next tube, or LARGE intestine, is for.

The large intestine is only 5 feet long but it absorbs all the water from the liquid waste and turns it into solid waste, or feces... okay, you can say it... poop!

The poop is pushed into the last stop on its journey, the rectum. And you'll feel this! It's when you'll feel the urge to go to the bathroom! Time to get to a toilet!

The poop leaves your body through your anus or, you know...your butt hole.

Depending on the food, the whole digestion process can actually take anywhere from 1 to 3 days!

Phew, feel better? So now you know a little bit about the INs and OUTs of digestion!