

Key Vocabulary

digest

Break down food so it can be used by the body.

The digestive system

System of organs that get food in and out of the body and make use of the food to keep the body healthy.

oesophagus

A muscular tube which moves food from the mouth to the stomach.

stomach

An organ in the digestive system where food is broken down with stomach acid and by being churned around.

small intestine

Part of the intestine where nutrients are absorbed into the body.

large intestine

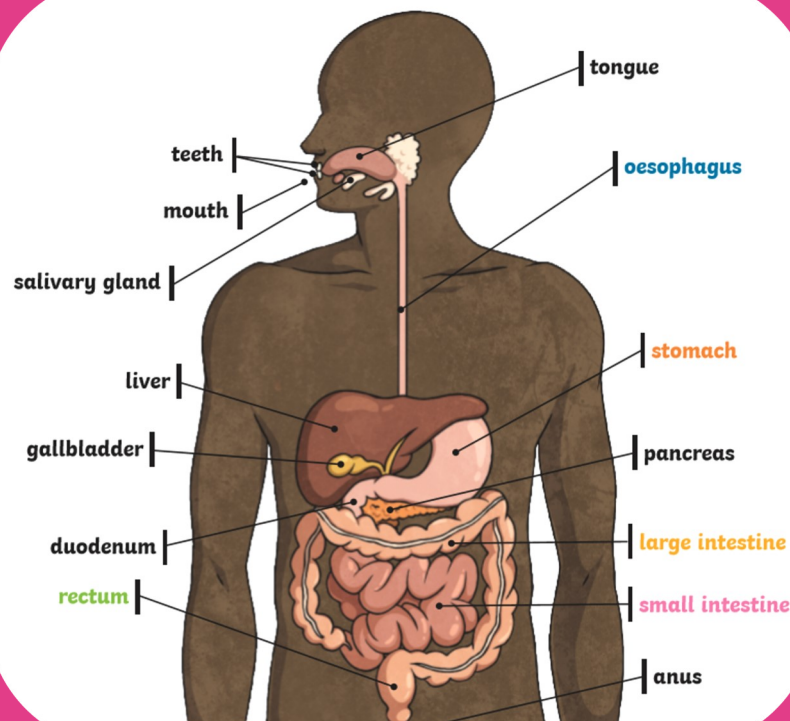
Part of the intestine where water is absorbed from remaining waste food. Stools are formed.

rectum

Part of the digestive system where stools are stored before leaving the body through the anus.

The Digestive System – Knowledge Organiser

The Digestive System



What is digestion?

The **softening of food** so that it can pass through the body.

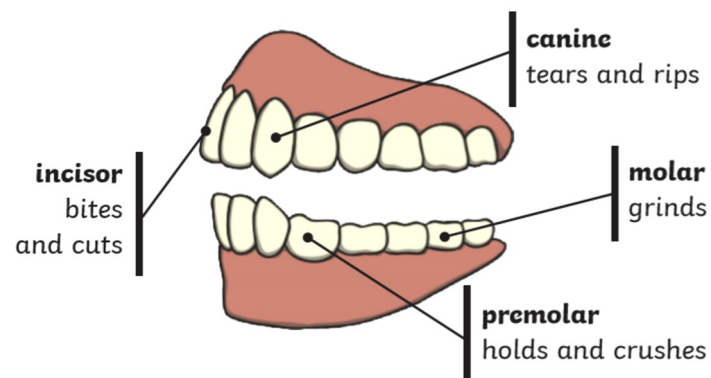
Each organ has a vital role to play in extracting all the nutrients required to keep us healthy and full of energy.

The teeth are an important part of the digestive system and every tooth has a special job to do.

Did you know?

- The intestines are 6m long!
- It takes 10 seconds for food to reach the stomach from the mouth, down the oesophagus!
- You have 2 sets of teeth in your lifetime!
- The average capacity of the stomach is 15 cups of water!

Teeth and their Functions



Looking After Your Teeth

- **Brush your teeth twice a day.**
- **Brush your teeth for two minutes** each time.
- **Avoid** too many **sugary** foods and drinks.
- Visit the **dentist** regularly.