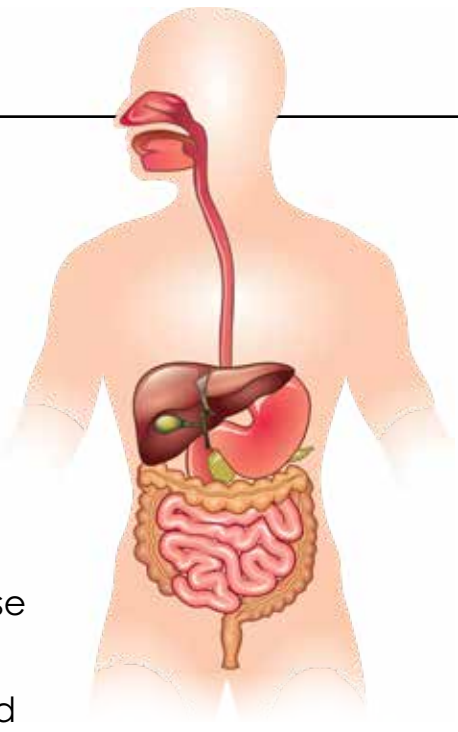


Name: _____

Your Digestive System

By Cynthia Sherwood

This may seem like a trick question, but are you bigger than a tennis court? The answer is no, of course not! But think about this fact—your intestines have a surface area about the size of a tennis court all coiled up inside your body. They fit inside of you because your large and small



Preview

Please log in to download
the printable version of this worksheet.

nutrients from your food. Then those nutrients flow into your bloodstream to be carried off to other parts of your body. Some nutrients get stored until you need them and others are used right away for all the different things your body needs to work well.

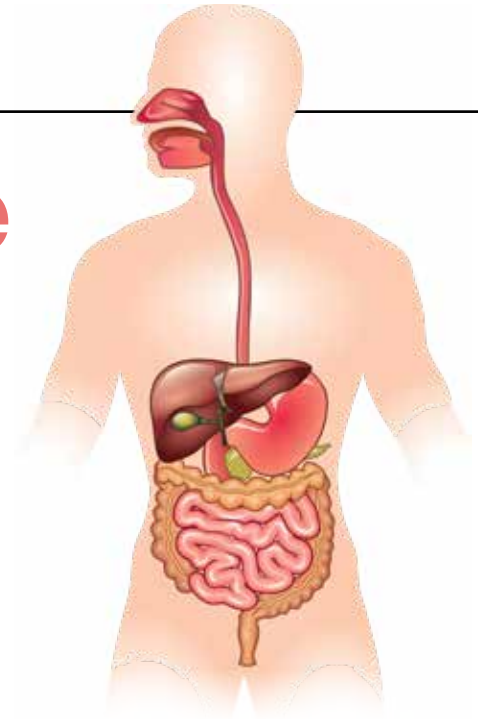
Your body cannot use every single bit of the food you eat. There will always be some that needs to be changed into waste by the large intestine. From the small intestine, leftover food gets pushed into the large intestine where it is dried up and turned into feces, or poop.

If you want to keep your digestive system healthy, you should be careful about what you eat. Healthy whole grains, fruits, and vegetables all pass through your digestive system quickly and easily. They also contain fiber, which is a nutrient that helps in digestion. Your body has a harder time digesting fatty foods, so be careful how much fat is in your diet.

Name: _____

Your Digestive System

By Cynthia Sherwood



1. What is the purpose of your body's digestive system?
 - a. to help your blood move through the body
 - b. to help you breathe
 - c. to help your body make food
 - d. to help your body break down food



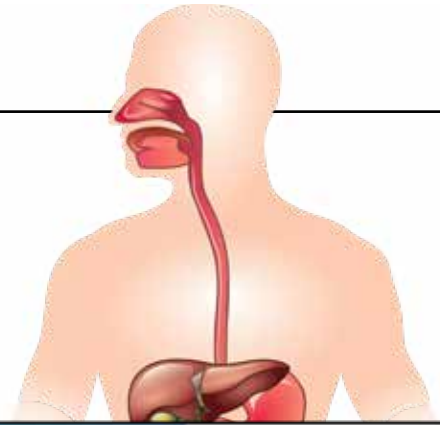
Preview

Please log in to download
the printable version of this worksheet.

4. Place these events in the correct order. Number each sentence 1-5.

- _____ Food ends up in the small intestine.
- _____ Food is chewed up.
- _____ Food is in the large intestine.
- _____ Food travels through the esophagus.
- _____ Food waste leaves the body.

5. What is fiber?



Your Digestive System

Preview

Please log in to download the printable version of this worksheet.



_____ Food waste leaves the body.

5. What is fiber?

Fiber is a nutrient that helps digestion.