**DAILY** Warm-Up 5

Name _____ Date _____

# THE DIGESTIVE SYSTEM

Each time you take a bite of food, your digestive system begins its work. In fact, your digestive system begins working long before you take your first bite. Any time you smell or taste or even think about something good, your body begins to form saliva, or spit. The saliva helps break down the food as you chew it in your mouth.

Your tongue helps by pushing the food back, and your teeth go to work breaking the food up into tiny pieces. The tongue sends the food back to your esophagus. The esophagus is a pipe about 10 inches long. It is a stretchy pipe that brings the food to your stomach.

Your stomach is a sack shaped in the form of the letter J. It is responsible for breaking down the food you have eaten, storing the food, and slowly emptying the liquified food into the small intestine. The stomach churns and mashes all the food together, kind of like a washing machine. The gastric juices in the stomach help break the food down. The food is then sent to the intestines.

The small intestine breaks the food down even more so that your body can absorb the nutrients and vitamins. The food then passes through the large intestine, the colon, and on through the body. Some things you can do to help your digestive system is to drink plenty of water and high fiber foods. Is all of this making you hungry?

## STORY QUESTIONS

1. Why is the stomach likened to a letter of the alphabet?
   a. It is easier to learn about the stomach this way.
   b. It explains the relationship between eating and the alphabet.
   c. It is a mnemonic device used to memorize parts of the stomach.
   d. It is shaped like the letter "J."

2. What is the purpose of the third paragraph?
   a. to explain how the digestive system is measured
   b. to explain how the body receives its nutrients
   c. to explain how the small intestine, large intestine, and colon help digest food
   d. to explain how the stomach works

3. Where would you read to find out about the role of saliva?
   a. first paragraph
   b. end of the third paragraph
   c. second paragraph
   d. end of the first paragraph