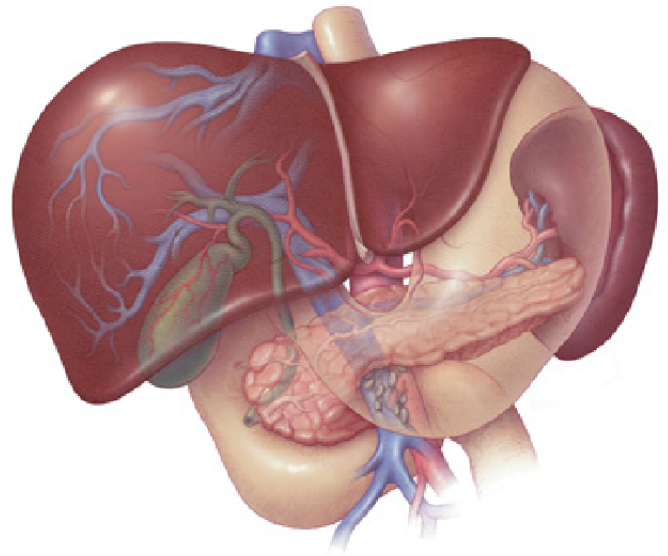


Sure, food tastes good, but it is also necessary to fuel your body. Your digestive system helps turn food into fuel your body can use. It is made up of your mouth, salivary glands, throat, stomach, intestines, and bowels.



Key vocabulary

protein

A substance found in all living plant and animal cells.

nutrient

Something that is needed by people, animals, and plants to stay strong and healthy. Proteins, minerals, and vitamins are all nutrients.

bile

A green liquid that is made by the liver and helps digest food.

insulin

A hormone produced in the pancreas that regulates the amount of sugar that you have in your body. People who have diabetes need to be given insulin.

digestion

The process of breaking down food in the stomach and other organs so that it can be absorbed into the blood.

Related articles



The Human Body

The human body is all about cooperation. Learn how cells, tissues, and organs all work together to make your body run.



The Immune System

Ahh-choo! Feel a sneeze coming on? That is one way your body helps get rid of bacteria. But your body has another way to keep you healthy, too: your immune system.



The Circulatory System

The circulatory system is like the body's superhighway. It helps move along all the things our bodies need.



The Nervous System

The nervous system is like the body's control center. Everything that is going on in your body, the nervous system has a hand in it. Find out how it works!



Skeletal System

The skeletal system has a mission: to provide strength and movement. It also has a partner, the muscular system.



Muscular System

Every time you go out to play, thank your muscular system. It works hard, along with your skeletal system, to keep you moving around and strong.