



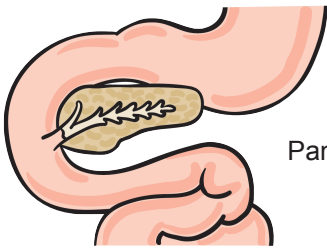
Name: \_\_\_\_\_

# Digesting Nutrients

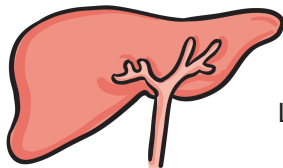
The TAKE 10! Crew knows the importance of eating well and staying healthy. The foods you eat are broken down and used for energy to keep your body going. Draw a line from the organ to the appropriate explanation in the box. Follow the directions on the next page as the TAKE 10! Crew tests your “digestion knowledge.”



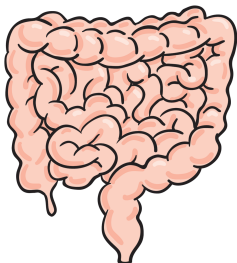
Stomach



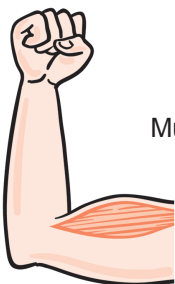
Pancreas



Liver



Intestine



Muscle

This organ has two main jobs in the body. One of its jobs is to make insulin which helps to keep your blood sugar in balance. Its other job is to secrete “pancreatic enzymes” (hint, hint) into the small intestines to help break down food.

Did you know that the digestion of food actually begins in your mouth before it gets to this organ? So make sure you chew your food really well before sending it down. When the food finally reaches this organ, it secretes acids for the digestion of fruits, vegetables, breads, cereals, and other carbohydrates. It actually churns and moves the food around to prepare it for the next level of digestion, the small intestines.

When the carbohydrates are broken down and absorbed into the blood, this organ can use them as fuel for physical activity. They help the organ to stay strong. When you are physically active for a long time, this organ relies on the fat that has been broken down to provide fuel. Balancing the calories you eat with the calories you burn should be your daily goal (calories consumed=calories burned).

One of this organs jobs is to help with digestion. Once the stomach passes the food along to the small intestines, this organ adds its special juices. It makes a certain substance called "bile" which is especially helpful in breaking down dietary fats.

This is the organ that is near the end point of digestion. At this point, most of the foods are broken down enough that they are passed through its lining and absorbed into the blood. These nutrients then are processed to be used as either energy or to repair and build muscle. Whatever the body cannot use is stored as fat. Water is also reabsorbed into the body through this organ. Another job of this organ is to move the digested food products out of the body. This organ does this by squeezing its muscles. This process is called "peristalsis." You'll know when “peristalsis” is happening because you will need to visit the restroom!