# Digestion

#### Mouth

• Mouth. The mouth is the beginning of the digestive tract. In fact, digestion starts here as soon as you take the first bite of a meal. Chewing breaks the food into pieces that are more easily digested, while saliva mixes with food to begin the process of breaking it down into a form your body can absorb and use.

# Esophegas

• Your salivary glands make saliva, a digestive juice, which moistens food so it more easily through moves your **esophagus** into your stomach. Saliva also has an enzyme that begins to break down starches in your food. **Esophagus**. After you swallow, peristalsis pushes the food down your esophagus into your stomach

#### Stomach

• The churning action of the **stomach** muscles physically breaks down the food. stomach releases acids and enzymes for the chemical breakdown of food. The enzyme pepsin is responsible **for** protein breakdown. The **stomach** releases food into the small intestine in a controlled and regulated manner.

## liver

• The **liver** has many functions, but its main job within the **digestive** system is to process the nutrients absorbed from the small intestine. Bile from the **liver** secreted into the small intestine also plays an important role in digesting fat and some vitamins.

## Gall Bladder

• Gallbladder. The gallbladder is a small storage organ located inferior and posterior to the liver. Though small in size, the gallbladder plays an important role in our digestion of food. The gallbladder holds bile produced in the liver until it is needed for **digesting** fatty foods in the duodenum of the small intestine.

#### **Pancreas**

• During
your pancreas makes pancreatic juices called enzymes. These enzymes break down sugars, fats, and starches. Your pancreas also helps your digestive system by making hormones. These are chemical messengers that travel through your blood.

## Small Intestine

• The **small intestine** is the part of the **intestines** where 90% of the **digestion** and absorption of food **occurs**, the other 10% taking place in the stomach and large **intestine**. The main function of the **small intestine** is absorption of nutrients and minerals from food.

# Large Intestine

- Your large intestine is the final part of your digestive tract. Undigested food enters your large intestine from your small intestine. It then reabsorbs water that is used in digestion and eliminates undigested food and fibre. This causes food waste products to harden and form faeces, which are then excreted.
- Function: To convert food waste products into f...
- Location: Surrounding your small intestine

#### Rectum

• Rectum. The rectum is a straight, 8-inch chamber that connects the colon to the anus. The rectum's job is to receive stool from the colon, let you know that there is stool to be evacuated (pooped out) and to hold the stool until evacuation happens.

#### Anus

• The **anus** is the last part of the **digestive** tract. It is a 2-inch long canal consisting of the pelvic floor muscles and the two **anal** sphincters (internal and external). The lining of the upper **anus** is able to detect **rectal** contents. It lets you know whether the contents are liquid, gas or solid.