

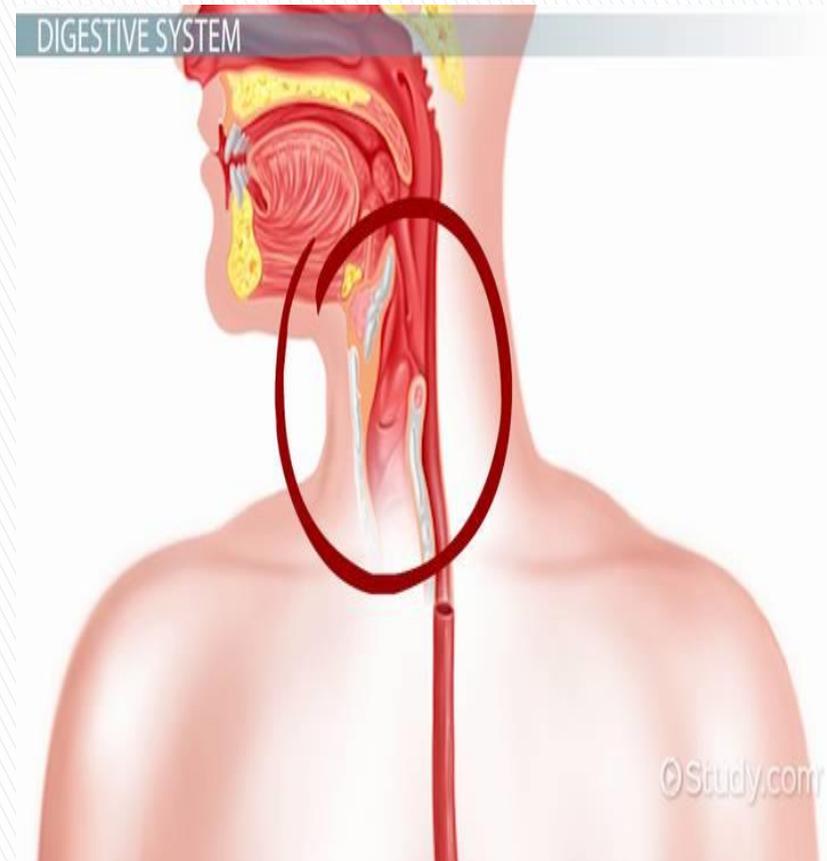
# Digestive System



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# What is The Digestive System?

**The digestive system is the group of organs that break down the food in order to absorb its nutrients.**



# How the Digestive System Work ?

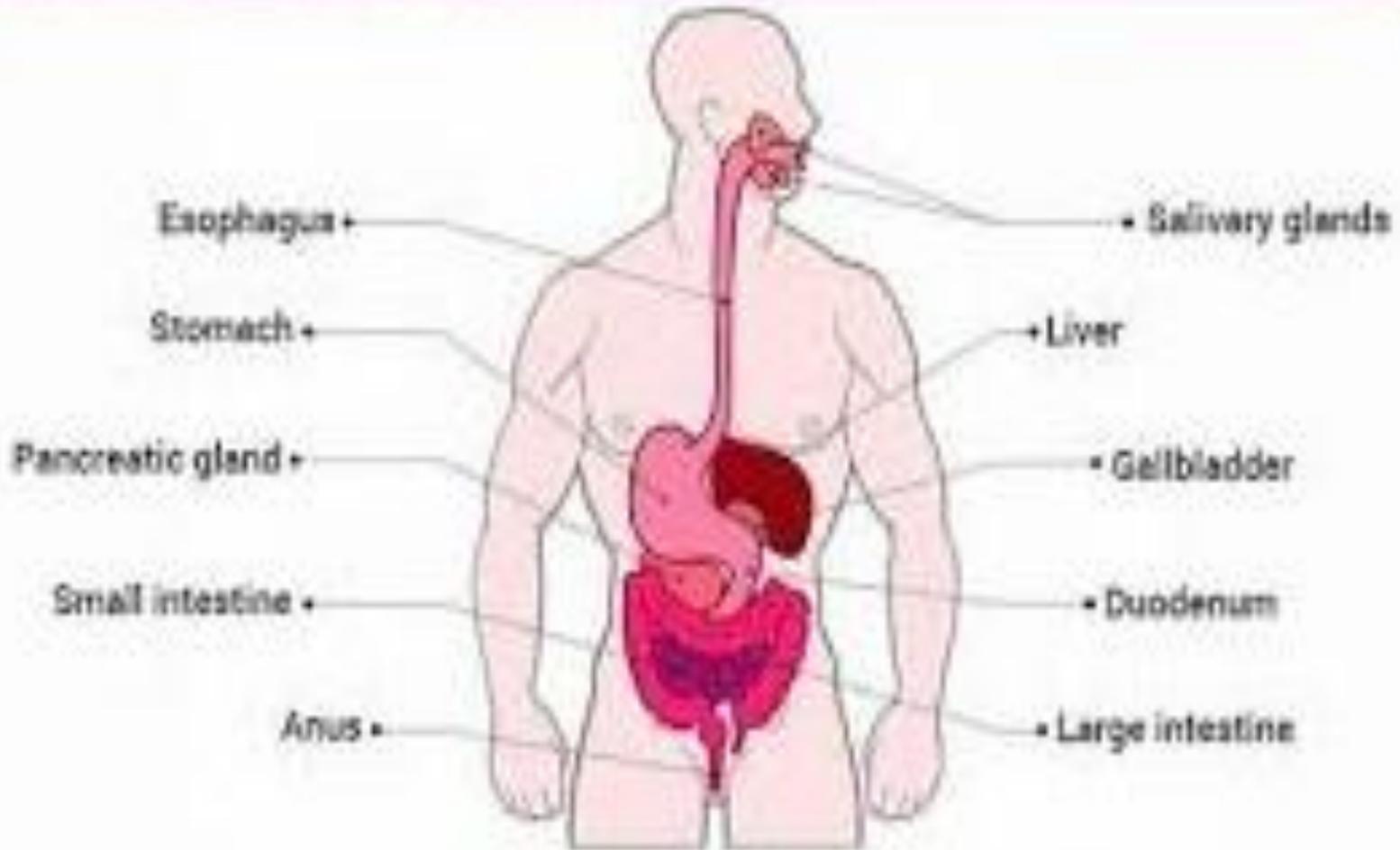
When we eat food our teeth makes the food small pieces. Then the food goes to esophagus. It goes to down and down. Then it comes to stomach.

In the stomach, hydrochloric acid breaks down the fat and protein. Stomach muscles mix the food Within four hours the food becomes chyme. Then the chyme goes to the small intestine.

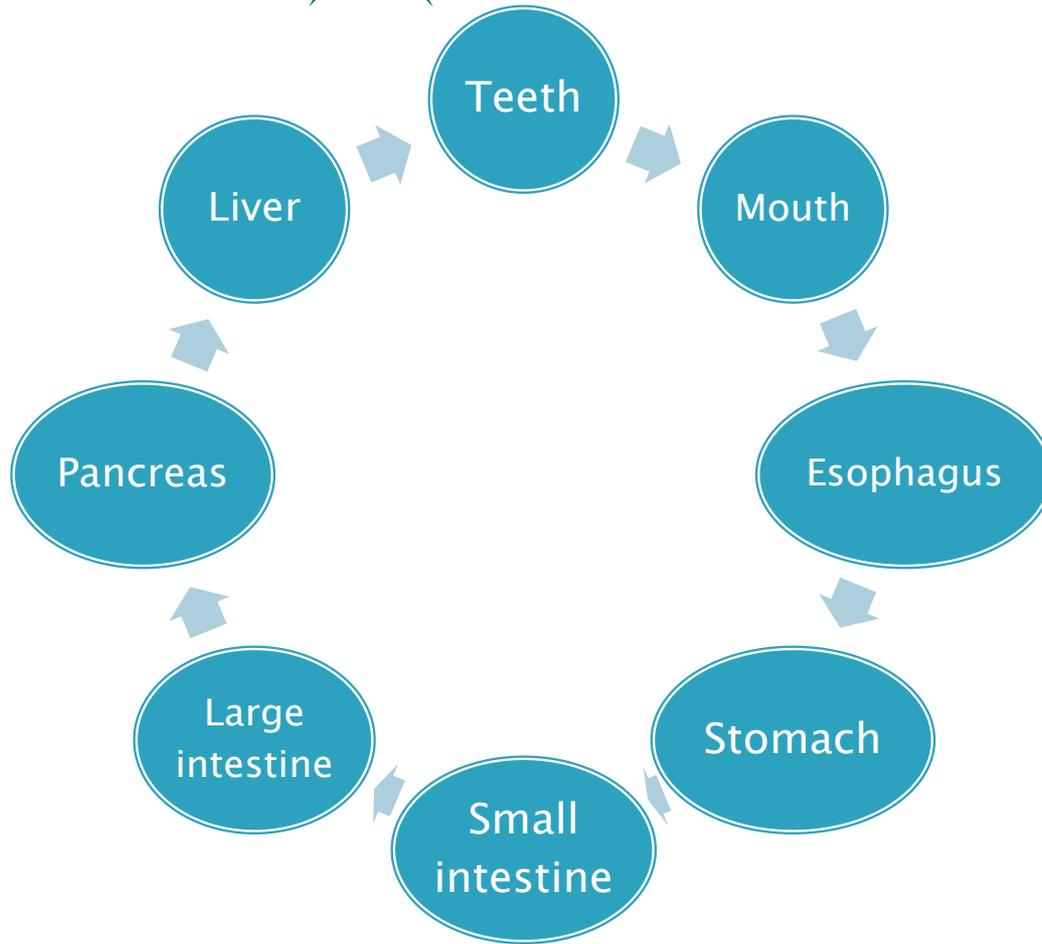
The muscles of the small intestine mix food with digestive juices from the pancreas and liver. It absorbs water and digested nutrients into bloodstream. Then the wastes products moves into the large intestine.

The large intestine absorbs water and changes the waste into stool. Then stool moves into rectum.

# Digestive System Diagram



# Important Parts of The ★ Digestive SYSTEM



# What Wellness Area help to Digest Our Food

**Physical:** If you exercise everyday, your stomach can easily burn the fat that helps to digest the food very well.

**Environmental:** If there is air pollution or water pollution, it hampers the digestive system; i. e if your drinking water is not pure it would be a cause of serious illness.

**Social:** Food habit differs from society to society. If you take a food that you don't like that also be the cause of undigested. In some cases, some of the society's food are more digestive than others; i. e vegetarian.

**Emotional:** If it is a very bad day or time you may not like to eat food. For example, your boy is sick so you may not eat food. Even if you take food then your body won't digest it.

# 10 Worst Food for Digestive System

1. **Grease. Fried food that is so difficult to digest.**
2. **Processed Food**
3. **Chili Food**
4. **Chocolate**
5. **Artificial Sweeteners**
6. **Alcohol**
7. **Corn**
8. **Coffee**
9. **Acidic Fruits**
10. **Raw Vegetables**



## How the Digestive System work with Other System

Nervous system i.e. brain and spinal cord are connected with digestive system that work together to release saliva from salivary glands and hormones from the cells of stomach & small intestine.

For example, when we see some food, our brain sends signal that causes our salivary glands to make our mouth water/saliva to prepare us to eat.

# Bibliography

Slide No.	Description	Online Source
2	<b>What is The Digestive System?</b>	<a href="https://www.brainpop.com/health/bodysystems/digestivesystem/">https://www.brainpop.com/health/bodysystems/digestivesystem/</a>
3	<b>How the Digestive System Work ?</b>	<a href="https://www.brainpop.com/health/bodysystems/digestivesystem/">https://www.brainpop.com/health/bodysystems/digestivesystem/</a>
5	<b>Important Parts of The Digestive SYSTEM</b>	<a href="https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works">https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works</a>
6	<b>What Wellness Area help to Digest our Food</b>	By my own
7	<b>10 Worst Food for Digestive System</b>	<a href="https://www.manhattangastroenterology.com/10-worst-foods-digestive-health/">https://www.manhattangastroenterology.com/10-worst-foods-digestive-health/</a>
8	<b>How the Digestive System work with Other System</b>	<a href="https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works">https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works</a>