Where Does Food Go?

What happens after you bite into a piece of food? First you chew the food, and then it travels through your body’s digestive system. That system breaks down the food into small pieces so that it can be used as energy for your body. Open up, and follow the path of food.

Look at the Digestive System

Food travels to several places as it is digested, or broken down. Follow the trip food takes from the mouth to the intestines.

Breaking Down Your Food

When you take a bite out of an apple and start to chew, the apple mixes with the liquid in your mouth called saliva. Your saliva helps break down food.

Sending Food to Your Stomach

When you swallow food, it travels down a tube called the esophagus. That tube leads to your stomach.

Turning Food Into Liquid

The stomach is made up of muscles that squeeze the food and mix it with special juices. That turns the food into liquid.

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1 system - all parts working together to do something
2 digested – the breaking down of food
3 intestines - tube-like part inside the human body that breaks down food
4 esophagus – a tube-like part that leads from the mouth to the stomach
Carrying Nutrients to Your Body
The liquid moves to the intestines, where it is broken down again. The healthy parts of food that your body needs, called nutrients, are sent to other parts of your body. The unhealthy parts are pushed out of your body.

Your Body Burns Calories
A calorie is a unit of energy. Your digestive system works to break down food, and your body burns the calories from food. Look at how many calories you can burn doing some everyday activities.

Activity, Time, and Calories Burned

- **Watch television**
  - 30 minutes
  - 16 calories

- **Walk the dog**
  - 30 minutes
  - 66 calories

- **Pick up litter**
  - 30 minutes
  - 76 calories

- **Play soccer**
  - 30 minutes
  - 104 calories

- **Swim**
  - 30 minutes
  - 202 calories
“Where Does Food Go?” Questions

1. After reading the first paragraph, you can guess that this article is mostly about:
   a. chewing food.
   b. how your body digests food and turns it into energy.
   c. how much you should eat a day.
   d. how fast you can eat an apple.

2. Which sentence would not make sense in this passage?
   a. Doctors are trained for many years.
   b. Digestion is an important process in the body.
   c. Chewing your food well can help your body to digest.
   d. Your body needs energy to live.

3. Calories are
   a. used to tell you how much fun an activity is.
   b. burned during activity so that your body has energy.
   c. used to make food.
   d. a type of food.

4. The most effective way to burn calories is to
   a. watch television.
   b. play soccer.
   c. walk the dog.
   d. swim.

5. Write a new title for this passage.
“Where Does Food Go?” Answer Sheet:

MI 1. After reading the first paragraph, you can guess that this article is mostly about:
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   c. how much you should eat a day.
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DC 3. Calories are
   a. used to tell you how much fun an activity is.
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Co/Co 4. The most effective way of burning calories is to
   a. watch television.
   b. play soccer.
   c. walk the dog.
   d. swim.

MI 5. Write a new title for this passage.
   Answers vary but should reflect that the student understands the article is about the digestive system.

Additional Suggested Vocabulary: nutrients, liquid, energy