

Your Amazing Body: The Digestive System - Food 4 Energy

Teachers: This Language-Based lesson on The Digestive System will focus on applications that teach Reading Comprehension, and Skills of Recalling and Reviewing information. Lessons designed to address Learning Styles of processing Information.

The Reading (Copy as Needed for Student Reading and Reference)

- 1. For Readers: Your Amazing Body: The Digestive System - Food 4 Energy**
- 2. For 'Pre-K' as 'Read-Aloud'/'Read-2-Gether'/Early Readers**
- 3. For 'Performance Presentation' *see #3 for Application suggestions.**

Applications (Copy as Needed) Answers in #1 Reading

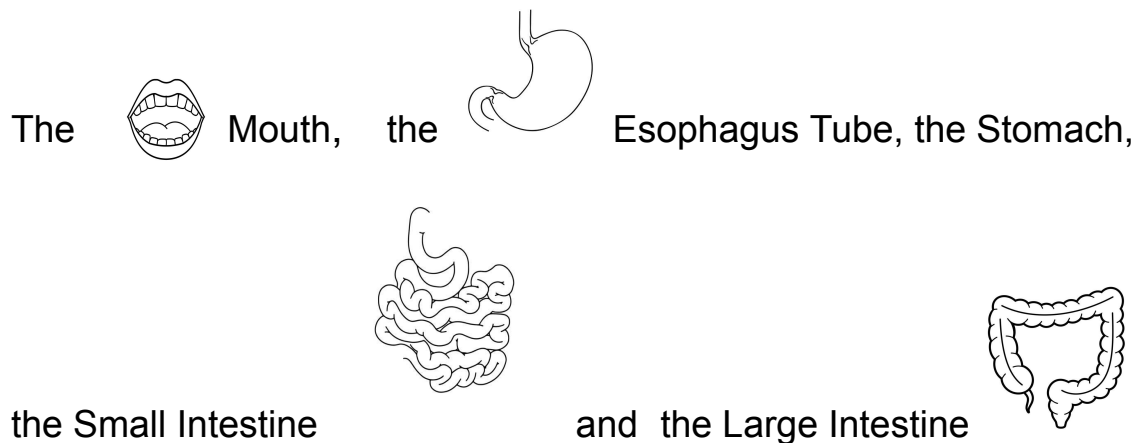
- 1.a True/False Comprehension Worksheet**
- 1.b Writing/Spelling Worksheet** with Word Bank.
- 1.c Comprehension Worksheet** with Word Bank: Fill in the Word
- 1.d Anatomy Worksheet Digestive System**

- 2.a Pre-K Applications Instructions.** Chalk & Board or Flip Chart.
Example: Write C h e w. "What does it mean to chew?" Write children's responses. Write children's responses. (swallow, throat, tummy Energy). "What words rhyme?" (yummy tummy) What is another name for tummy? Give them a small soft cookie to eat while they Color. Walk around to each child and make constructive comments.
- 2.b Emoji Person Pre-K Application:** Locate Stomach area. Draw body features.
- (3). Performance Reading.** See Reading Sheet #3. I Am Your Digestive System
- 4.a Worksheet: The Good Food Plate 4.b Worksheet: "Where does food grow?"**
- 5. Food Art - Draw Fruit**
- 6. Good Food Audio and Lyrics: The Good Food Song**
- 7. Glossary** (You can use these words for a Spelling Quiz)

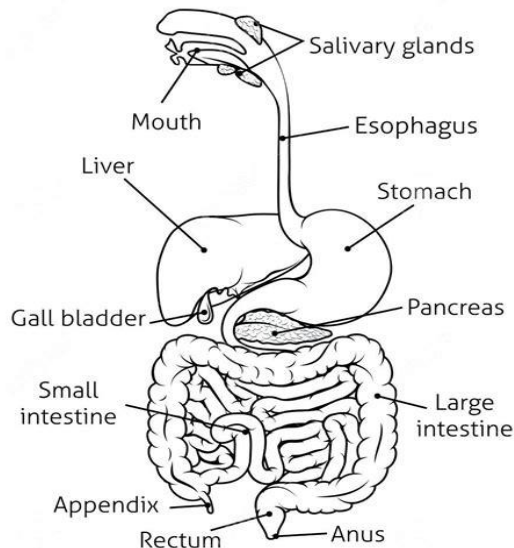
1. Reading **Your Amazing Body: The Digestive System - Food 4 Energy**
(audio included separately)

People get **Energy** from food. Your **Digestive System** is like a kitchen of *appliances* that prepares your food. It is a food processor, a blender, a grinder, a mixer, a juicer and a garbage disposal. The parts of the Digestive System 'kitchen' work to "break down" food into smaller pieces. Then, the 30 Trillion (30,000,000,000,000) hungry **Cells** of your body can absorb the nutrients of the food to give you **Energy!**

Here are the Main Organs of Digestion:



Here are Other Organs that work together with the Digestive System:



Digestion Begins . . .

. . . when your Brain tells you that you are hungry. Your **Mouth** 'waters'. You eat a chunk of food. Your Tongue soaks up Saliva (spit), moves the food around in your mouth and softens the food. Teeth chomp, chew, grind, and chop it into smaller pieces. You can swallow the food.

"Look Out, Stomach, Here I Come!"

These food particles *move* down the Throat and through the **Esophagus** tube into the **Stomach**. The Stomach is a big muscle that mixes the food with strong chemicals that dissolve the food into a 'mush' called Chyme.

The Small Intestine Does a Big Job

This applesauce-like mixture moves through about 22 feet of the **Small Intestine**. The chyme is turned into 'digestive juice'. This is where the nutrients of food (*vitamins, minerals, proteins, carbohydrates*) are separated.

Finally, the rich nutrients pass into the blood stream and are carried to cells throughout the body. Now, the cells absorb nutrients and produce energy that powers Your Amazing Body.

Taking Out the Garbage

Waste food that the body cannot digest goes into the **Large Intestine** (Colon). This 5-foot long organ completes the process of Digestion. Waste food is emptied into the **Rectum** and pushed out of your body through the **Anus** as feces (poop)

Hollow Organs of the Digestive System

An Organ is a part of the body that performs a specific job. The Mouth, Esophagus, Stomach, Small Intestine, Large Intestine, and Rectum/Anus are *hollow* organs. They form a pathway for food to travel from the Mouth through stations of digestion to the elimination of waste.

Solid Organs of the Digestive System

The Liver, Pancreas, and Gallbladder are the *solid* organs of the Digestive System that cooperate with the hollow organs. They release or store strong chemicals that help the break-down process.

How Does Food Move?

Peristalsis is the wavelike contractions in the walls of the stomach and intestines that force the food to keep moving forward through the Digestive System. "Isn't that Amazing!"

So, 'don't worry', 'be happy'. Enjoy your day. Go out and play. Your Amazing Body is always on the job, working for you!



2. *See 2.a Teacher Page for Applications 'Read-Aloud'/'Read-2-Gether'/Early Readers.

Name _____ Date _____

Good Food

I chew my food.

I swallow.

The food goes down my Throat.

My food is good, and oh, so yummy!

Plop! it goes into my 'tummy'.

I'm as happy as can be.

My good food gives me **Energy!**



3. Performance Presentation Text of Digestive System Text. Narrative reading or staged.

I Am Your Digestive System

Parts to Play: the Audience, the Narrator, the Mouth, the Esophagus, the Stomach, the Small Intestine, the Large Intestine

Options: Use as Choral Reading Narrative parts seated at desks. Children have parts to read. Use as 'Performance Presentation' staged with Parts to read or memorize. Make cards to hold identifying Part. Stand in order of the Digestive System process. Perform for other classrooms.

Narrator: The Digestive System in your body breaks down food to give you Energy.

ALL: We are your Digestive System.

Mouth: I have the teeth that chew the food.

Esophagus: I am a long tube that takes food to the Stomach.

Stomach: I mix the food into a mushy slush. Then I send it to the Small Intestine.

Small Intestine: I am 22 feet long! But I am all twisted up in a coil.
I make the food into a green and slimy digestive juice!
Then, I send the juice to the Large Intestine.

Large Intestine: I finish the job in the Digestive System. I am only 5 feet long. But, I can wrap around the Small Intestine. I push the leftover food out of your body, so you won't get a stomach ache.

ALL: We are the Digestive System of Your Amazing Body.

Audience: *Applause, Applause* (clap hands to show you liked it!)

1.a True/False Quiz

Name _____ Date _____

1. True False People get *Energy* from food.
2. True False There are 30 *Cells* in your body.
3. True False Your *Brain* tells you when you are hungry.
4. True False *Saliva* is liquid in the Mouth that softens your food.
5. True False The *Esophagus* Tube is in your brain.
6. True False *Chyme* is a digestive 'juice'.
7. True False The *Stomach* is a muscle.
8. True False The *Small Intestine* is 10 feet long.
9. True False The *Large Intestine* is also 10 feet long.
10. True False *Nutrients* are vitamins and minerals.
11. True False *Nutrients* are carried to the cells through the *blood*.
12. True False *Solid organs* form a pathway for food to travel.
13. True False *Peristalsis* means 'movement'.
14. True False "I worry if my body will digest all the food I eat."

Answers: 1-T, 2-F, 3-T, 4-T, 5-F, 6-T, 7-T, 8-F, 9-F, 10-T, 11-T, 12-F, 13-T, 14-T or F

1.b Writing/Spelling Worksheet with Word Bank

Name _____ Date _____

Write these Digestive System Organs in order from beginning of digestion to the end.

Word Bank:

Mouth Stomach Small Intestine Large Intestine Esophagus

The Organ

The 'Clue'

1st _____ (has teeth)

2nd _____ (is a 'tube')

3rd _____ (looks like a 'pouch')

4th _____ (is 22 feet long)

5th _____ (is 5 feet long)

Practice Writing the Organs of the Digestive System 2 times each.

Mouth _____

Esophagus _____

Stomach _____

Small Intestine _____

Large Intestine _____

1.c. Worksheet. Fill in the blanks. Word Bank.

Name _____ Date _____

Word Bank:

tube chyme cells muscle nutrients 22 feet
5 feet Energy brain Saliva mouth energy blood

People get **E** _____ from food.

There are 300,000,000,000 (30 Trillion) **c** _____ in your body.

Your **b** _____ tells you when you are hungry.

S _____ is liquid in your **m** _____.

The Esophagus is a hollow **t** _____.

The Stomach is a **m** _____.

The Small Intestine is how many feet long? _____.

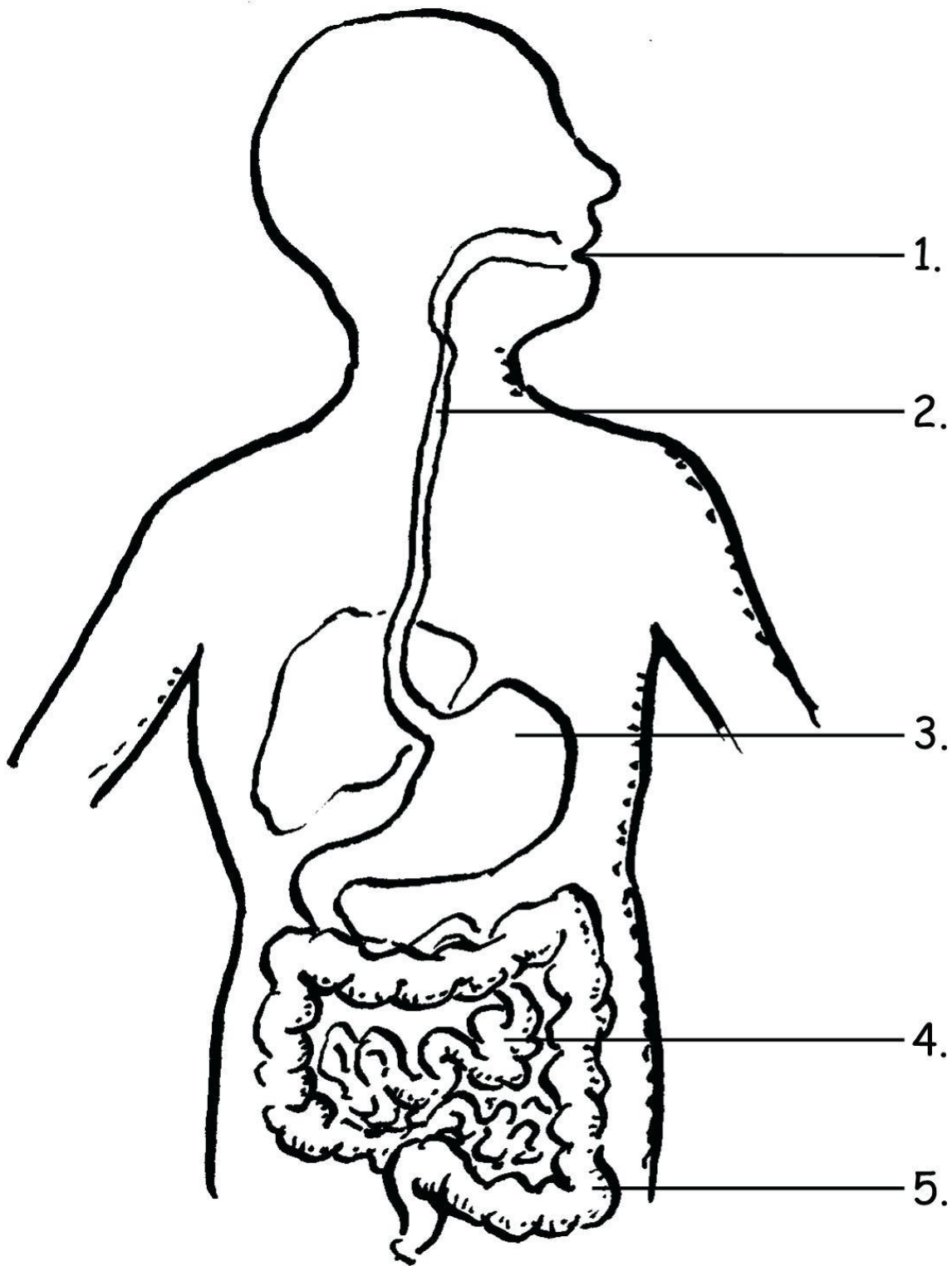
The Large Intestine is how many feet long? _____.

Vitamins and Minerals are **n** _____.

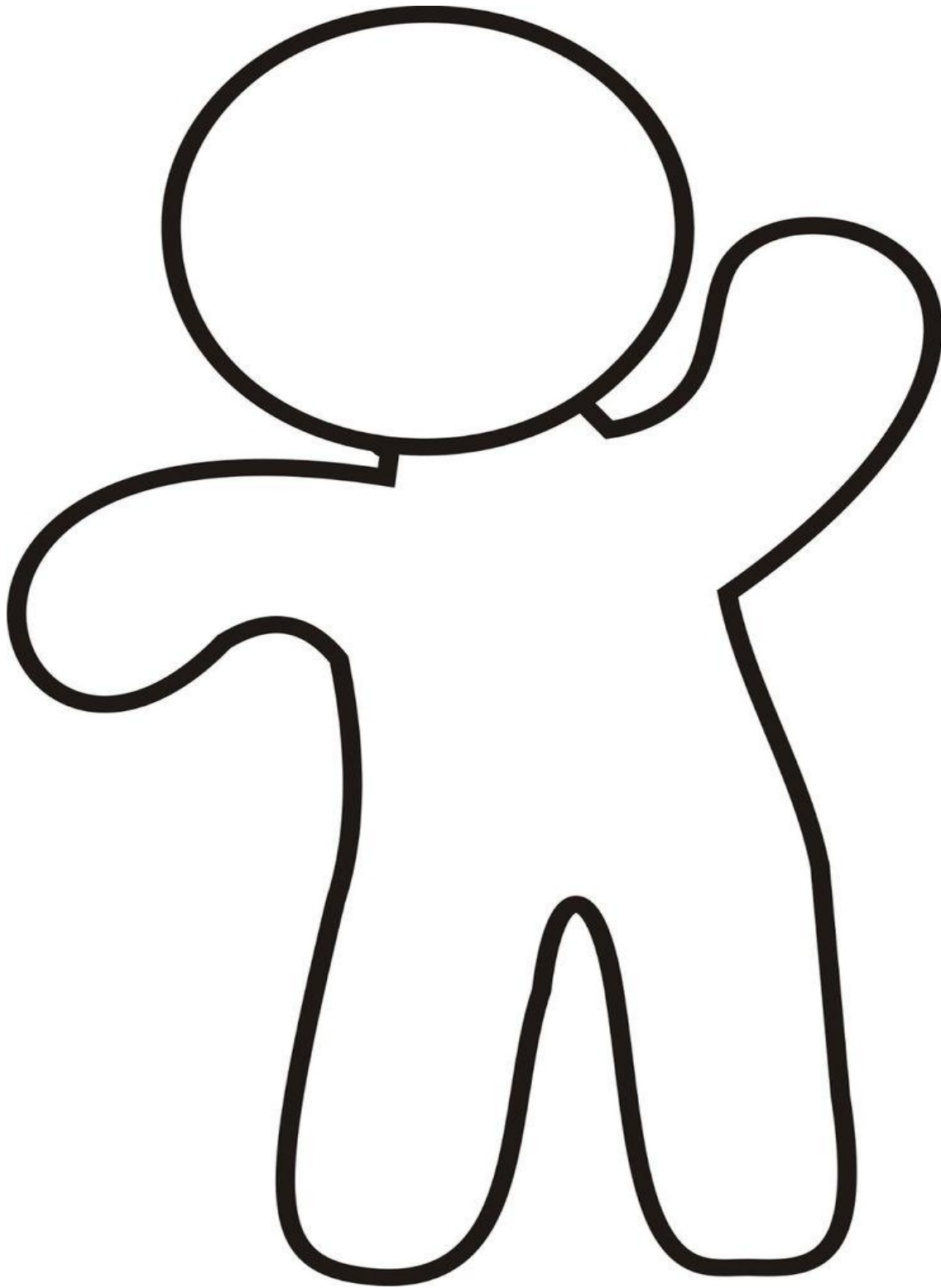
Nutrients are carried to the cells by the **b** _____.

Digestive 'juice' is called **c** _____.

Food feeds your cells to produce **e** _____.



1.d Anatomy Worksheet. Copy. Write the Names of the Main Parts of The Digestive System on lines above. Color the Mouth-Red, the Esophagus-Yellow, the Stomach-Green, the Small Intestine-Blue, and the Large Intestine-Purple.



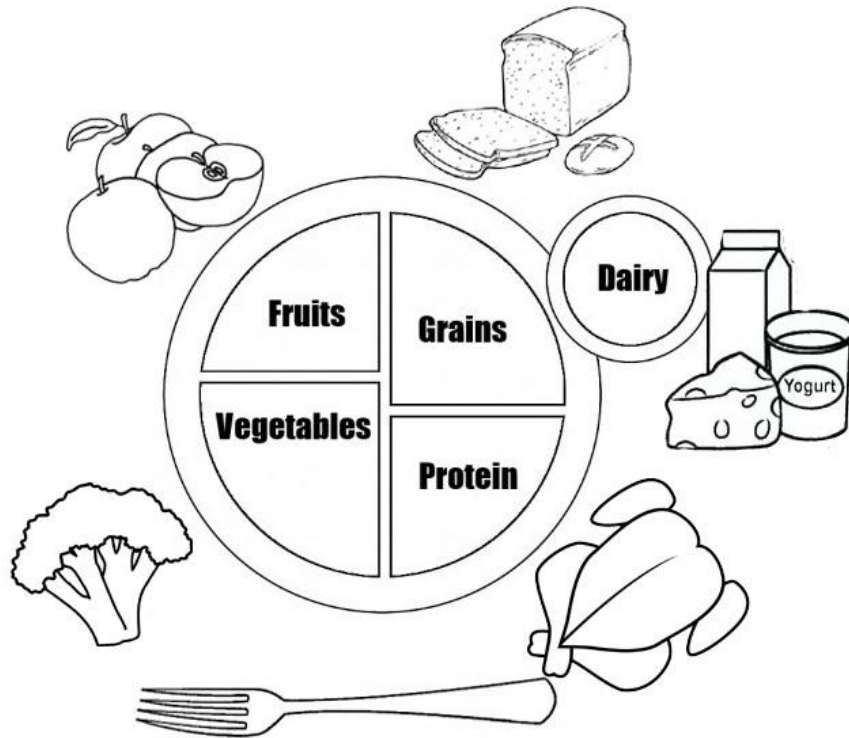
2.b Emoji Person

Draw a BIG Circle to show where your Stomach is.

Draw a face, hair, clothes.

Name _____ Date _____

The Good Food Plate



Look at the Picture. Read the Words, too. (Your Answers are right in front of you!)

Write the word that starts with the letter..... **G r a i n s** _____
(These foods are rice, bread, cereals)

Write the word that starts with the letter **D** _____
(These foods are milk, yogurt, cheese)

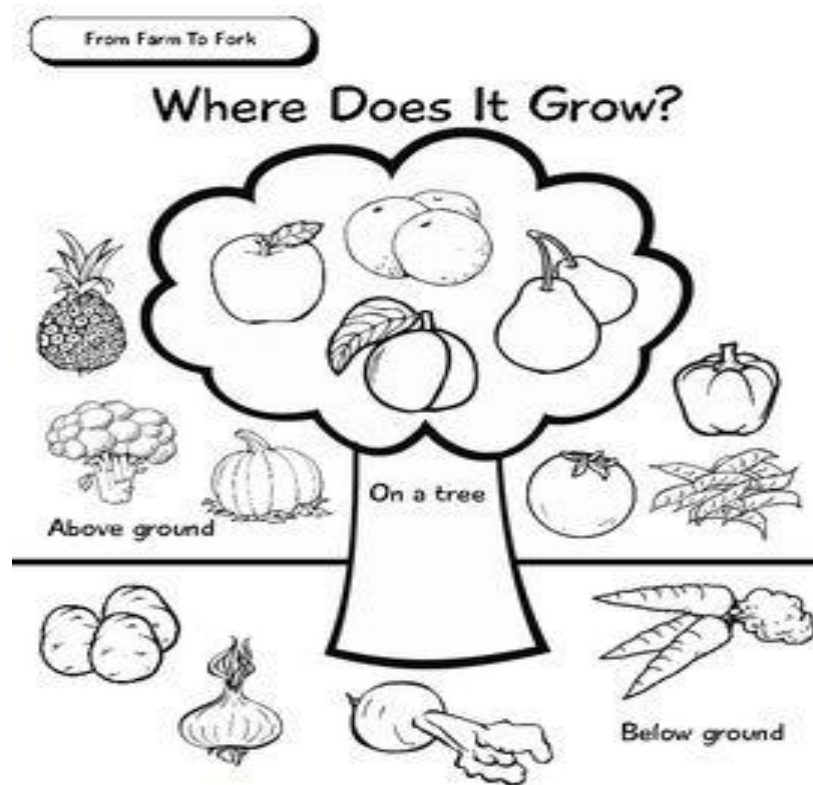
Write the word that starts with the letter..... **V** _____
(The foods are green beans, spinach, lettuce)

Write the word that starts with the letter..... **P** _____
(These foods are meat, dark beans)

Write the word that starts with the letter **F** _____
(These foods are apples, pears, strawberries)

4.b Worksheet: Where Does Food Grow?

Name _____ Date _____



- Above Ground: Pineapple, Broccoli, Pumpkin, Tomato, Pepper, Beans
- On Trees: Apple, Orange, Peach, Pears
- Below Ground: Potatoes, Onion, Radish, Carrots

Look at the Picture. Read the Words, too. (Your Answers are right in front of you!)

Name a food that grows on Trees _____.

Name a food that grows Below Ground _____.

Name a food that grows Above Ground _____.

Name a food that is Red _____.

Name a food that is Orange _____.

Name a food that is Green _____.

Name a food that you like _____.

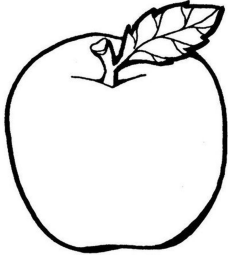
Name a food that you do not like _____.

5. Art Draw Fruit

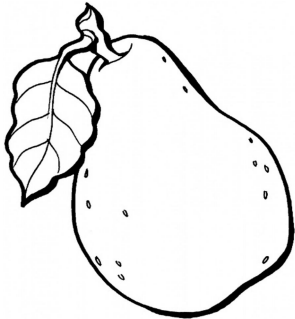
Name _____ Date _____

Draw an Apple

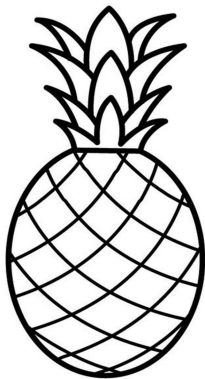
Apple



Draw a Pear



Draw a Pineapple



6. Good Food Audio Lyrics (audio included separately)

The Good Food Song

I drink my Milk today.
It makes my bones grow strong.
I jump and climb and run and play.
I drink my Milk today.

I eat my Meat today.
It makes my muscles grow.
I jump and climb and run and play.
I eat my Meat today.

I eat my Fruit today.
An apple, peach, or pear.
I jump and climb and run and play.
I eat my Fruit today.

I eat my 'Veggies', too.
They say they're good for you.
I jump and climb and run and play.
I eat my 'Veggies' every day.

I eat my Bread today.
The fiber makes me 'go'.
I jump and climb and run and play.
I eat my Bread today.

I drink my Milk.
I eat my Meat.
I eat my Fruit,
and 'Veggies', too.
I eat my Bread
and when I'm through,
I'm full of food that's Good for You!

7. Glossary of Digestive System Terms

Absorb	The process of 'soaking up' another substance.
Anus	Lower part of the Large Intestine where waste food empties.
Chyme	Digestive 'juices'.
Digestion	"Breaking down" of food in the body.
Energy	The ability to do work, such as moving things.
Esophagus	The tube that carries food from the mouth to the stomach.
Gallbladder	An organ attached to the liver to store juices for digestion.
Liver	An organ that also produces juices that help digestion.
Large Intestine	Organ where waste foods begin to leave the body.
Organ	A part of the body that does a specific job.
Nutrients	A food substance, such as protein, fat, vitamins.
Pancreas	An organ that also produces juices that help digestion.
Particles	Tiny bits of things.
Rectum	The lower part of the Large Intestine that empties waste food.
System	A number of separate parts that work together to do a job.
Tongue	A part of the mouth for tasting, chewing, speaking.
Saliva	A liquid in the Mouth that softens food. ('Spit')
Stomach	The organ that digests food into liquid.
Small Intestine	Organ where digestion continues after the Stomach.