



YOUR AMAZING DIGESTIVE SYSTEM!
By I HEART GUTS!



WHY DO WE EAT?
 • body needs energy for growth + repairs

HEART - pumps blood throughout body
BLOOD STREAM - picks up nutrients and brings them to cells

LUNGS - oxygen helps cells use energy
STOMACH - breaks down food with acid. your food spends about 4 hours in there.

LIVER - makes important chemicals for digestion
GALLBLADDER - stores bile, which digests fat (butter, ice cream, etc.)

PANCREAS - makes stuff that helps digest sugar and regulates sugar in bloodstream (cookies, cake, etc.)

SMALL INTESTINE - absorbs nutrients from food and sends them into bloodstream. waste goes on to the large intestine

LARGE INTESTINE - aka colon, removes water from waste to form poop
MICROBIOME - tiny bugs that live in our guts and help us digest food

APPENDIX - may save collection of gut bugs for special occasions
VILLI - where nutrients go from intestine into blood

RECTUM - tells your body when it's time to poop
ANUS - where poop exits the body