Your food’s fascinating journey

Does your food look the same when it comes out as it did when it went in? Of course not! Let’s explore how it changes.

Oesophagus: When you swallow, food travels down the oesophagus and into the stomach.

Mouth: Your food’s journey starts here. Food is broken down into small pieces mixed with saliva.

Stomach: The stomach is a bit like the body’s cement mixer. Strong muscular walls churn up food and mix it with stomach acids.

Small intestine: Your food is now a liquid sludge mixed with substances from the liver and pancreas. Most of the useful nutrients in food go from your small intestine into your blood. Your blood takes the nutrients all around your body.

Rectum: The waste is stored here until we are ready to go to the loo.

Large intestine: This is a two metre long tube where waste material from digestion is collected ready for excretion.