

The Food Tunnel Adventure

A story about the digestive system

Science Fables



"Where did it go?" Jayden asked as Nora swallowed a bite of her sandwich.

"That bite is beginning a long journey," said Ms. Harper. "Through your digestive system."

Nora and Jayden sat up straight. They were ready to follow the food on its adventure.

Interactive Moment

Can you point to your mouth?
That is where digestion begins.

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“First stop: the mouth,” said Ms. Harper. “Your teeth mash food into smaller pieces, and saliva softens it and starts breaking it down.”

“So spit helps digestion?” Jayden asked.

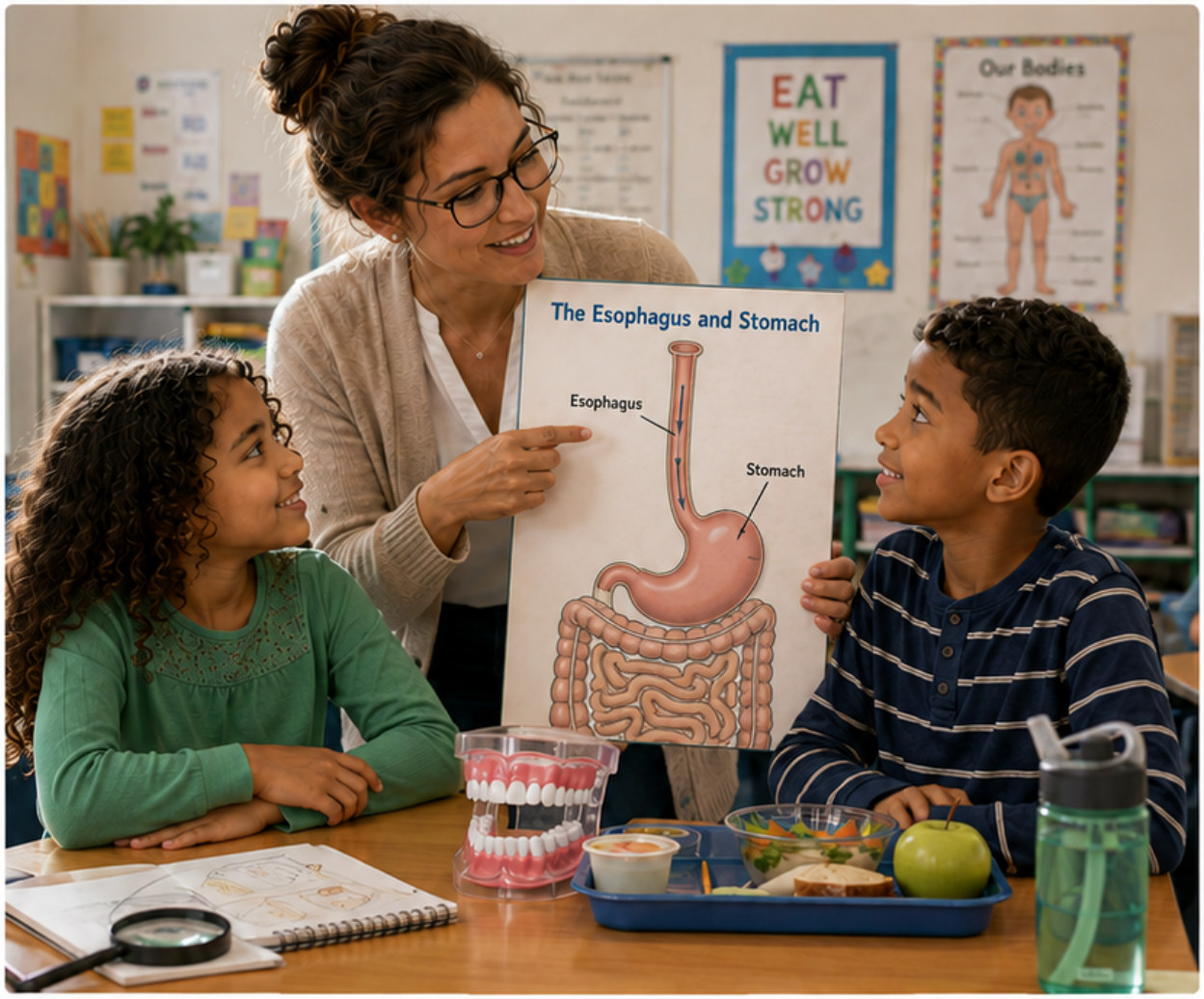
“It does,” said Ms. Harper.

Nora grinned. “Chewing is more important than I thought.”

Try It

Pretend to chew ten times.
Why is chewing food well helpful?

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“Next, the food slides down the esophagus,” said Ms. Harper. “The esophagus is a stretchy food tube. Muscles squeeze in waves to push the food down to the stomach.”

“In the stomach, the food is churned and mixed with digestive juices,” she continued. “The food becomes mushy and breaks down even more.”

Jayden made a stirring motion. “So the stomach is like a food mixer!”

“Exactly,” Ms. Harper said. Nora smiled. “The journey keeps going!”

Act It Out

Pretend to swallow once.
Can you imagine food moving down the esophagus?

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"After the stomach, food moves into the small intestine," said Ms. Harper. "This is where most nutrients are absorbed into the blood."

She showed them tiny villi, little finger-like structures that help the body grab nutrients.

"So our lunch helps us grow, move, and repair," Jayden said.

Nora nodded. "Tiny food grabbers!"

Think

What are nutrients used for?

Energy, growth, and repair.

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“What the body cannot use moves into the large intestine,” Ms. Harper said. “There, water is absorbed, and the leftover waste becomes more solid.”

Nora drew the path in her notebook:
Mouth -> Esophagus -> Stomach -> Small Intestine -> Large Intestine

Jayden smiled. “Every meal is a journey.”

Quick Review
Can you put the parts in order?

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Science Element



The digestive system breaks food into smaller parts so the body can use nutrients. Digestion starts in the mouth, continues in the stomach, and most nutrients are absorbed in the small intestine. The large intestine absorbs water and helps form waste.

Important Parts

- **Mouth** - chews food and mixes it with saliva
- **Esophagus** - pushes food to the stomach
- **Stomach** - churns food with digestive juices
- **Small intestine** - absorbs most nutrients
- **Villi** - tiny structures that help absorb nutrients
- **Large intestine** - absorbs water and forms waste

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