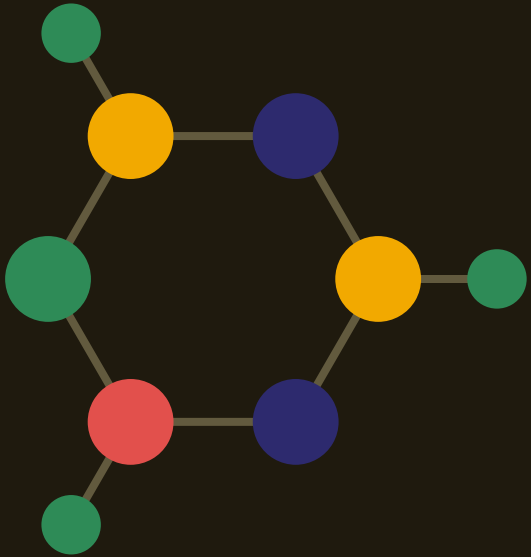


SCIENCE PROJECT · CLASS 7



The Human Digestive System

How our body turns food into energy

MADE BY
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CLASS
7 – B

SCHOOL
Your School Name

Agenda

01 Introduction

02 Facts

03 How it works

04 Activity

05 Conclusion



Image

What is digestion?

Digestion is the process of breaking food into small parts the body can absorb.

Food travels from the mouth through the food pipe, stomach and intestines. Juices and enzymes break it down so nutrients pass into the blood.



Picture of digestion

Amazing facts

9 m

length of the digestive tract

6 m

length of the small intestine

24–72 h

time food takes to pass through

Main organs

1

Mouth

Teeth chew, saliva starts digestion.

2

Stomach

Acids and enzymes churn food.

3

Intestines

Absorb nutrients and water.

Journey of food



Ingest

Eating and chewing



Digest

Stomach breaks food
down



Absorb

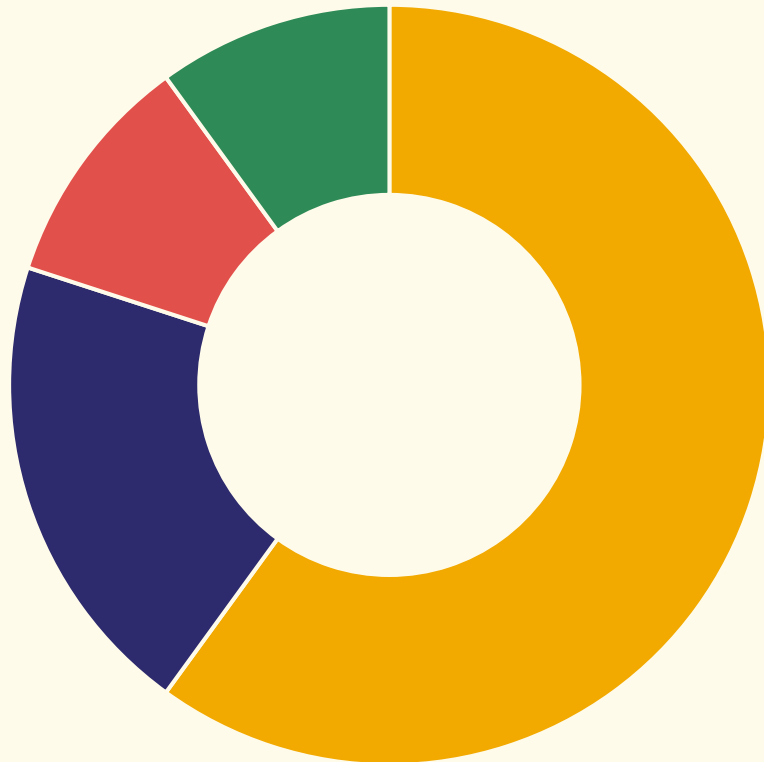
Nutrients into blood



Egest

Waste leaves the body

Where digestion happens (sample)



- **60%** Small intestine
- **20%** Stomach
- **10%** Mouth
- **10%** Large intestine

Sample data for illustration.

Our activity

- ▶ Chew a piece of bread for one minute
- ▶ Notice it starts tasting sweet
- ▶ Saliva turns starch into sugar
- ▶ Write what you observed



Image

Healthy vs unhealthy habits

Healthy

- ✓ Chew slowly
- ✓ Eat fibre and fruit
- ✓ Drink water

Unhealthy

- Eating too fast
- Junk food daily
- Skipping meals

What we can do

1

Chew well

At least 20 times per bite.

2

Eat fibre

Fruits, vegetables, whole grains.

3

Stay hydrated

Eight glasses of water.



Let food be thy medicine.

A SAYING ATTRIBUTED TO ANCIENT PHYSICIANS



Thank you!

Eat well, live well!

Ananya Gupta · Class 7