

# Pack 6: The Digestive Tract



## Mouth

Digestion starts the moment you take a bite. Your teeth break food into smaller pieces while saliva starts dissolving the starches. By the time you swallow, the process is already happening.



## Oesophagus

A muscular tube that connects your mouth to your stomach. It squeezes food downward in waves called peristalsis, and it works even when you're lying down.



## Stomach

A stretchy pouch that mixes your food with strong acid, breaking everything down into a thick paste before passing it on to the intestines.



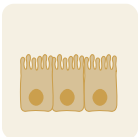
## Pancreas

Tucked behind the stomach, the pancreas makes enzymes that break food down even further. It also controls how much sugar stays in your blood after you eat.



## Small intestine

The first stretch of the small intestine, right after the stomach. This is where enzymes from the pancreas and bile from the liver mix in and the real digestion begins.



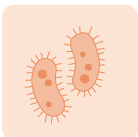
## Villi

Tiny, finger-like bumps covering the inside of the small intestine. Millions of them packed together, giving the intestine a huge surface area to absorb nutrients into the blood.



## Large intestine

By the time food gets here, most of the nutrients are gone. What's left is water and waste, and the large intestine absorbs the water your body can still use.



## Bacteria

Your gut is home to trillions of bacteria, and most of them are helping. They break down fiber, make vitamins, and help keep your immune system running.