

Essential Question: How can my lifestyle affect the quality of my life?

Activity 2 - Exploring Your Digestive System - *You are what you eat!*

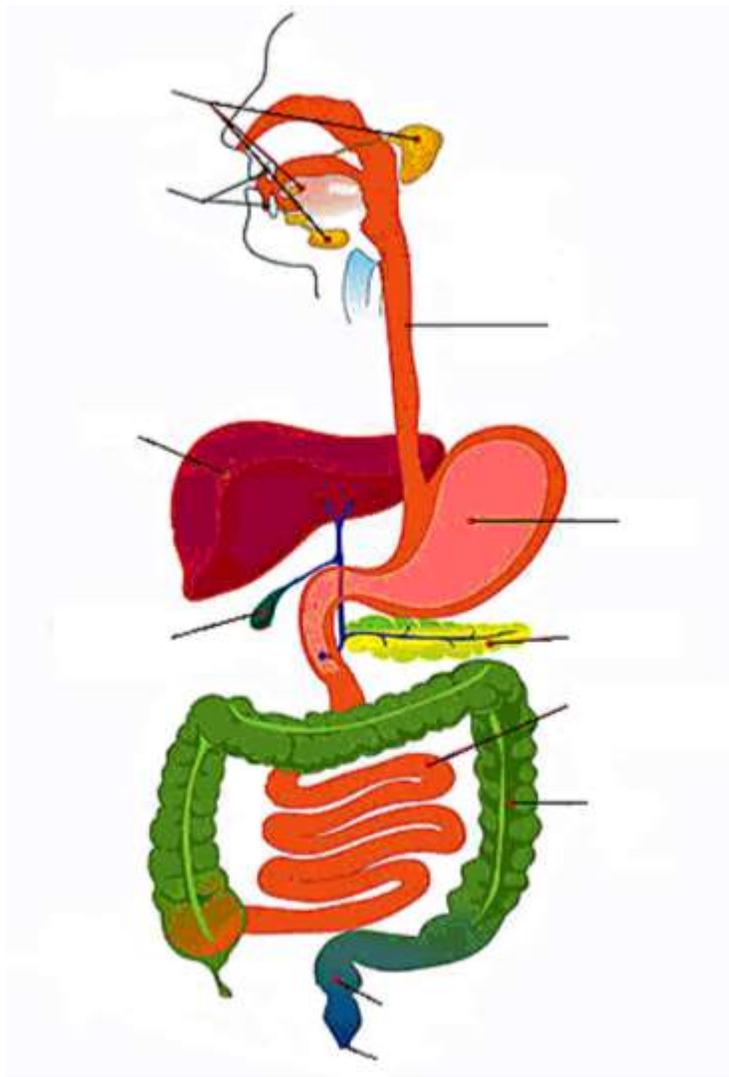
Purpose: I can explain how the **parts (subsystems)** of my **digestive system** work together to get nutrients and get rid of wastes.

Background: The human digestive system has two main functions. First, to convert food into essential nutrients that are absorbed into the body cells and second to eliminate wastes. When food is eaten it is converted into a form that can be absorbed into the circulatory system. Then these nutrients can be delivered to, and used by, cells throughout the entire body. A fit digestive system is essential to good health. Digestive systems in poor health cannot break down food properly. When this occurs, the system shuts down, the body's cells cannot be nourished and will not be able to eliminate wastes!

Vocabulary:

- **Mechanical breakdown** - breaking down food by physical change
- **Chemical breakdown** - breaking down food by a chemical change

Figure 1 Instructions: Watch [vclip 1](#) and [vclip 2](#) and search online. Next, label each part below correctly. Have gas? Go to this [vclip](#) to find out why!



The entire length of the human digestive tract, from mouth to anus, is about 30 feet long!

Student Review: 1-Below Standard, 2-Approaching Standard, 3-Standard, 4-Above Standard
Use the scale to evaluate completeness & correctness of the job. Put score, Initial & date in boxes.

Score

Initial/Date

Instructions: Please watch the vclips above and search as needed to fill out the data table below.

Data Table 1 - Structures and Functions of the Human Digestive System

Structure	Function	Type Breakdown? Mechanical, Chemical, Both or None
1. Teeth		
2. Salivary Glands		
3. Esophagus		
4. Stomach		
5. Small Intestine		
6. Liver		
7. Pancreas		
8. Gallbladder		
9. Large Intestine		
10. Rectum		
11. Anus		