

# Munch Your Lunch



## Timeline of your food!

Mouth	Oesophagus	Stomach	Small intestine, Liver and Pancreas	Large intestine
Chewing is the first stage of the digestive system. When you chew your food it breaks up the big pieces into little pieces so you can digest and swallow them.	Our tongue pushes food to the back of our throat and down the oesophagus to our stomach. There are muscles in the oesophagus that push the food along until it gets to our stomach.	Food stays in the stomach for a couple of hours. Here, enzymes work to break down things like the proteins that our body can use. The stomach kills a lot of bad bacteria too.	The first part of the small intestine works with the liver and pancreas to continue to break down our food. In the second part, the food gets absorbed from the intestine into our body through the blood.	This is the last stage of the digestive system. Any food that the body doesn't need or can't use is sent to the large intestine and then later leaves the body as waste.

### Teeth

**Incisors:** They are at the front of the mouth and used for biting.

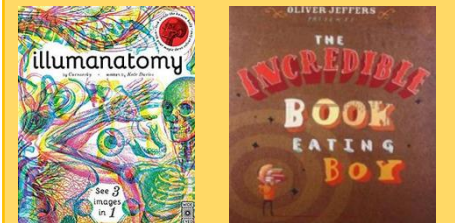
**Canine:** These are the sharpest teeth. They are next to the incisors and used for tearing. Predators have sharp and pointed canine teeth for killing prey.

**Molar:** They are towards the back of the mouth and they are flat, wide and used for chewing.

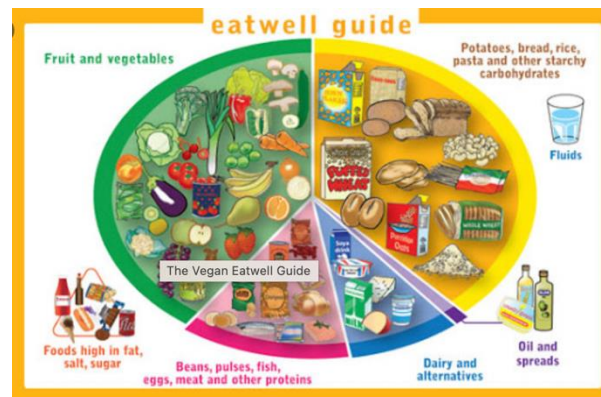
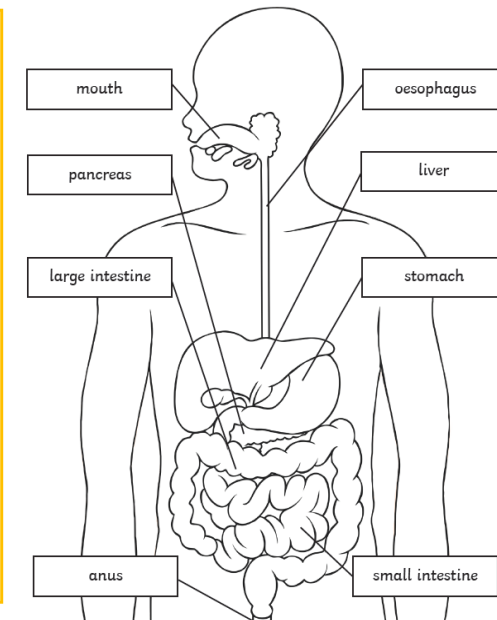
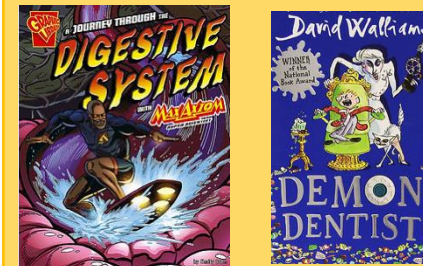
**Pre-molars:** They are at the back of the mouth and are used for chewing and grinding food. These teeth are wide and flat in shape. Wisdom teeth are pre-molars which appear in adulthood.

### Tooth decay

- Tooth decay is the destruction of your tooth enamel.
- It can be a problem for adults and children.
- Plaque constantly forms on your teeth.
- When you eat or drink foods containing sugars, the bacteria in plaque produce acids that attack tooth enamel.
- Tooth ache and bad breath are symptoms of tooth decay.



### BOOKS TO READ WITH THIS TOPIC



### Healthy Eating and Seasonality

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amounts of foods from the different food groups. Different fruits and vegetables are available at different times of the year – during different seasons. This is called seasonality.



crown



enamel



pulp



roots



bone



plaque



dentine



minerals



organ



mouth



oesophagus



stomach



intestines



liver



pancreas



anus



gallbladder



salivary gland



carbohydrates



proteins



dairy



fats



vegetables



nutrients



seasonality



starch



absorption



enzymes