Digestion in the Human **Body**

FOOD IS MADE UP OF

PROTEIN

CARBOHYDRATE STARCH

SUGAR



VITAMINS AND MINERALS



MOUTH

Enzymes in the saliva begin to break down starch

OESOPHAGUS

A muscular tube that contracts in waves

STOMACH

Stomach acid activates enzymes and protein digestion begins

Fibre helps to fill up the stomach and slow digestion

PANCREAS

Pancreatic enzymes continue protein, fat, starch and sugar digestion

Protein is broken down into amino acids

Fat is broken down into fatty acids

Starch and sugar are broken down into glucose

Fibre remains intact

LIVER

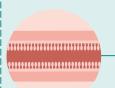
Processes amino acids, fatty acids, glucose, vitamins and minerals and distributes as needed

GALLBLADDER

Bile starts to break down fat in the small intestine

SMALL INTESTINE

Soluble fibre forms a gel trapping sugar and cholesterol to slow their absorption



BRUSH BORDER

Brush border enzymes complete protein, starch and sugar digestion

90% of all nutrients are absorbed in the small intestine and sent to the liver to be distributed

Amino acids ----atty acids

Glucose ···· Vitamins -Minerals

LARGE INTESTINE

80% of water is reabsorbed back into the body

Fibre is the only nutrient that remains Insoluble fibre helps to move

APPENDIX



Fibre feeds the good bacteria and helps them to grow in number

This supports intestinal balance

The fibre is fermented by the bacteria to produce compounds that help keep us healthy

RECTUM

Stores waste prior to elimination

ANUS

Waste is eliminated



Fibre plays an essential role in digestive health







