

CHAPTER 38 DIGESTION AND NUTRITION

Get the Big Picture

Read the paragraphs in the box. Then use the pictures to answer the questions.

Your body breaks down the food you eat so that the sugars, proteins, vitamins, and minerals in the food can be released into the blood. This breaking-down process is called digestion. Food travels through the body along a pathway called the digestive system. Important tissues and organs on this pathway help in the stages of digestion.

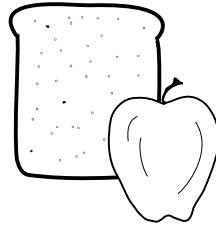
The nutrition you receive from the digestive process helps your body stay healthy and balanced. This balance is called homeostasis. Homeostasis makes sure that the correct amount of chemicals, gases, and body fluids are maintained at all times. The body needs energy from food to do work. It also needs a variety of vitamins, minerals, and proteins help repair itself. If the body does not receive proper nutrition through digestion, serious health problems can occur.

Mouth



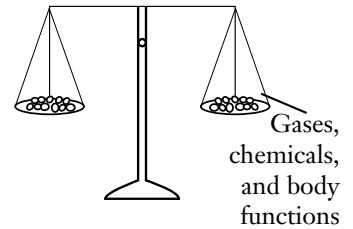
A. _____

Bread and Apple



B. _____

Maintaining a Balance



C. _____

Diet Drink and Candy



D. _____

Tooth



E. _____

1. The pictures above are all related to digestion and nutrition. Place the following labels under the correct pictures: digestive system, nutrition, no nutrition, and homeostasis.

2. What part do your teeth play in the digestive process?

3. Why can't your body live on just diet soft drinks and candy?
