Journey of Your Food

How does lunch travel through you?



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Today we will...

WE ARE LEARNING TO

- Name the basic parts of the digestive system
- Describe what each part does to food

SUCCESS LOOKS LIKE

- ✓ I can order parts from mouth to anus
- ✓ I can say what each part does

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HOW LONG INSIDE YOU?

9 metres

adult food tube from mouth to anus

Coiled up, it is much taller than you are.



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Follow one bite

Mouth chews and wets food

↓

Oesophagus squeezes food down

↓

Stomach churns food to soup

↓

Small intestine takes goodness out

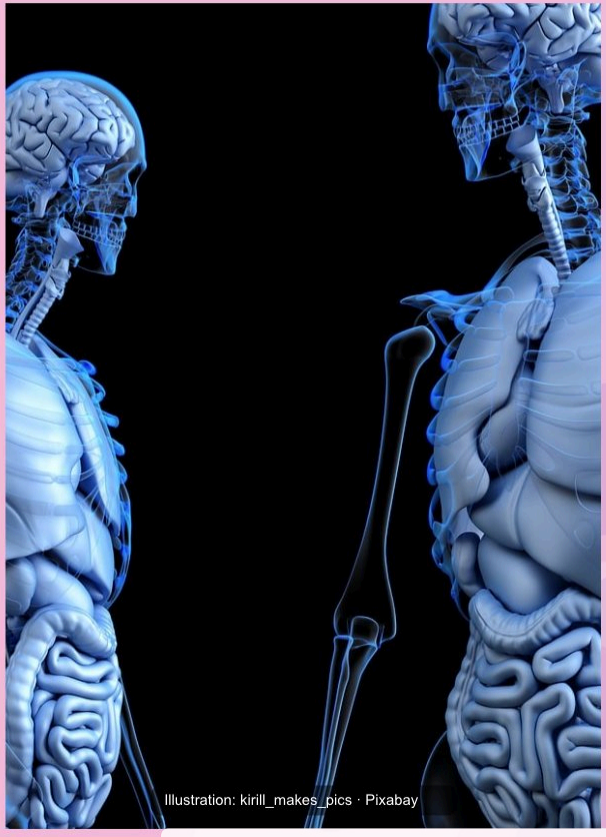
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Large intestine dries leftovers to poo

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What could this be?

Long, twisty, soft tube. Packed inside your tummy. What is it?



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Watch: parts and jobs



▶ 0:00 – 2:55

- Watch how food moves mouth to anus
- Listen for what each part does

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Meet the team

Mouth

Teeth chop food and saliva wets it.

Oesophagus

Muscles squeeze food down to stomach.

Stomach

Churns food into thick soup.

Small intestine

Takes tiny goodness bits into blood.

Large intestine

Dries leftovers so poo forms.

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Watch again: step by step



▶ 0:00 – 3:25

- Spot chewing, squeezing and churning
- Whisper each part when you hear it

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Your task

In your group, act out the food journey through the body.

1. Line up as mouth, oesophagus, stomach and intestines.
2. Show each job with a move and sound.
3. Say one sentence for what your part does.

10 min

Groups of 4

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Key words

oesophagus

tube that squeezes food to the stomach

stomach

bag that churns food like soup

small intestine

long tube that takes goodness to blood

large intestine

tube that dries leftovers into poo

anus

opening where poo leaves the body

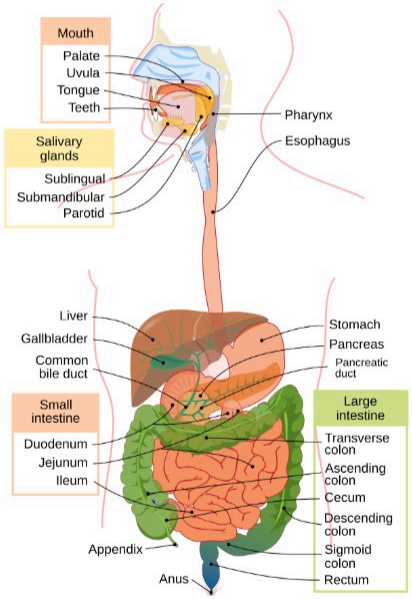


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Think, pair, share

Why must food become tiny bits before your body can use it?

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True or false?

Teeth chop food and saliva wets it.

The oesophagus churns food into soup.

Small intestine takes goodness into blood.

Poo leaves the body through the anus.

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