Name & Surname: _____ Class: _____ Date: _____

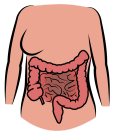
The Journey of Food

Follow a bite from mouth to end

About 30 minutes Level ★★★☆☆

Food's journey

Your lunch travels through a long tube called the **digestive system**. It turns food into tiny pieces the body can use.



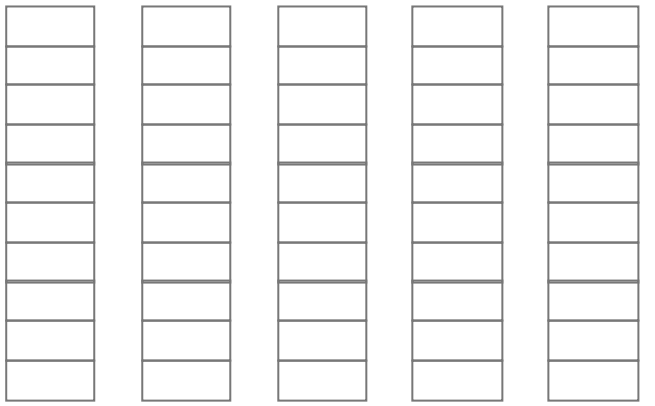
- Mouth: teeth chop food and **saliva** makes it soft.
- Oesophagus: muscles squeeze food down to the stomach.
- Stomach: churns food into a thick soup.
- Small intestine: takes **nutrients** out for the body to use.
- Large intestine: takes water back so waste gets more solid.
- Anus: pushes leftover waste out as poo.

Task A

Ask 10 classmates about their lunch bite. Tally votes, then colour one square for each vote.

Which bite did you chew first today?

Answer	Tally	Total
Apple slice		
Bread roll		
Cheese cube		
Carrot stick		
Banana piece		



What does your chart show?

.....

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All About Me

Connect your own meals to digestion.

Key words

mouth: where chewing starts

stomach: bag that churns food

large intestine: tube that takes water out

oesophagus: tube that squeezes food down

small intestine: tube that takes goodness out

anus: hole where waste leaves

Task B

Think about your own meals. Fill each box with words or a quick drawing.

My food profile

My favourite food

.....

.....

A food I don't like

.....

.....

A food I would like to try

.....

.....

Draw my favourite meal

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Always, Sometimes, Never

Decide what is true about digestion.

Task C

/4

Decide if each sentence is always true, sometimes true or never true. Give one short reason.

Statement	Always	Sometimes	Never
Teeth in the **mouth** chop and tear food.			
Convince me: _____			
The oesophagus squeezes food down to the stomach.			
Convince me: _____			
The stomach feels full.			
Convince me: _____			
All the food we eat leaves the body as waste.			
Convince me: _____			

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Asking Good Questions

Follow one bite and think it through.

Task D

/6

Look at the apple trip in the middle. Write a short answer for each question.

Who?
Who is digesting the food?

What?
What happens in the mouth?

Where?
Where does food go after the oesophagus?



A bite of apple moving through the body

When?
When does the small intestine work?

Why?
Why does the body keep nutrients?

How?
How does food move down the oesophagus?

Task E

/2

Read the sandwich story. Finish each idea in short words.

At lunch a student chews a piece of bread. It feels soft and wet before it is swallowed. A minute later it slides down a tube. In a bag below it is churned into thick soup. Hours later the soupy mix reaches a long coiled tube where goodness passes out to the body.

Question	It says...	I say...	And so...
Where is the bread after one minute?	It slides down a tube.	That tube is the oesophagus.	It is on its way to the stomach.
What happens in the long coiled tube?			

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Link and List

Link words and list each job.

Task F

Build a link chain from mouth. Each new word must connect to the one before.

mouth → because... _____ → teeth → because... _____ → _____ → because... _____

→ because... _____ → _____

Task G

/4

Fill each missing job. Say what each part does in a few words.

Body part	Job it does
Mouth	
Oesophagus	
Stomach	
Small intestine	

How did I do?

Circle a face for each line.

I can name the basic parts of the digestive system ☹ 😐 ☺

I can describe what each part does ☹ 😐 ☺

I can order how food travels through the body ☹ 😐 ☺

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Answer sheet: The Journey of Food

Task A

Answers will vary.

Task B

Answers will vary.

Task C

1. Always (Teeth always start by breaking food up.)
2. Always (Muscles push food down in waves.)
3. Sometimes (It feels full after lots of food, not before lunch.)
4. Never (The body keeps nutrients and pushes only leftovers out.)

Task D

Who: A child eating an apple slice.
What: Teeth chop and saliva wets it.
Where: Into the stomach.
When: After the stomach sends soupy food on.
Why: To give cells energy to work.
How: Muscles squeeze it down in waves.

Task E

1. It is on its way to the stomach.
2. The body gets nutrients for energy.

Task F

Answers will vary, e.g. mouth → teeth → chew → swallow → oesophagus

Task G

Mouth | Chops food and wets it with saliva.
Oesophagus | Squeezes food down to stomach.
Stomach | Churns food into thick soup.
Small intestine | Takes nutrients for body to use.

Pictures: Illustration: AndCan · Pixabay; Microsoft Fluent Emoji (MIT)

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