Digestive System Packet

This packet is now over 100+ pages.

DIGESTIVE SYSTEM

Swallowing and Choking

Each year nearly _____ people choke to death, most were kids.

You can tell someone is choking when...

1. they can't _____
2. they have difficulty _____
3. they can't _____ forcefully
4. their _____, lips and nails turn _____
5. they loose _____

The Red Cross recommends give _____ back blows and _____ abdominal thrusts. The abdominal thrust is also known as the _____ Maneuver.

The Mayo Clinic describes how to do abdominal thrusts this way:

- **Stand behind the person.** Wrap your arms around the waist. Tip the person forward slightly.
- **Make a fist with one hand.** Position it slightly above the person's navel.
- **Grasp the fist with the other hand.** Press hard into the abdomen with a quick, upwa thrust — as if trying to lift the person up.
- **Perform a total of 5 abdominal thrusts,** if needed. If the blockage still isn't dislodge repeat the five-and-five cycle.

Made by Stef at the Homeschool Den

Common Foods Kids Choke On

1.
2.
3.
4.
5.
6.
7.

Each year nearly 3,000 people choke to death, most were kids.

You can tell someone is choking when...

1. they can't talk
2. they have difficulty breathe
3. they can't cough forcefully
4. their skin, lips and nails turn blue
5. they loose consciousness

The Red Cross recommends give 5 back blows and 5 abdominal thrusts. The abdominal thrust is also known as the Heimlich Maneuver.

More information from the Mayo Clinic:
http://www.mayoclinic.com/health/first-aid-choking/FA00025

Common Foods Kids Choke On:

gs	hard candy
s	apples
s	peanut butter
mallows	nuts

rn

ext page:

epiglottis on another paper. Put a brad through it and place it on e picture below to show how the epiglottis moves to close off the , trachea.

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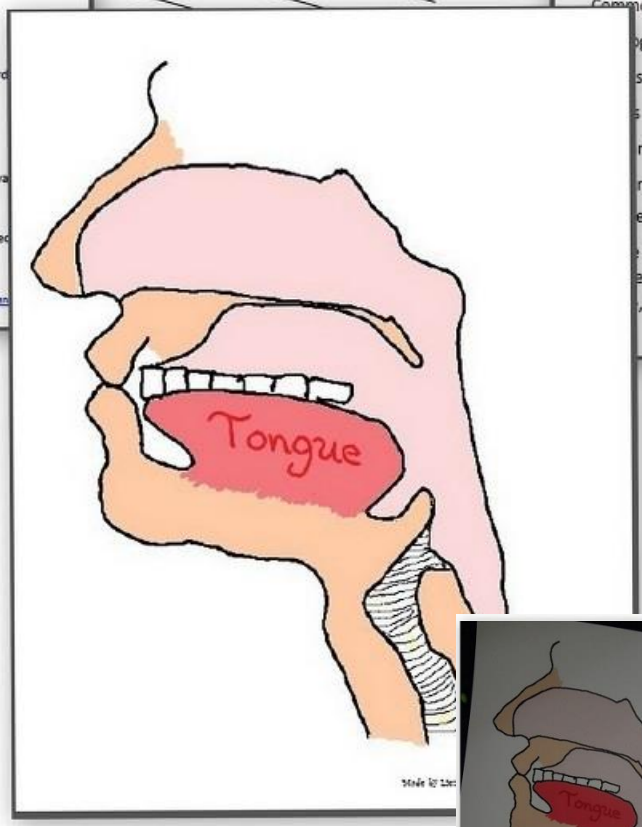

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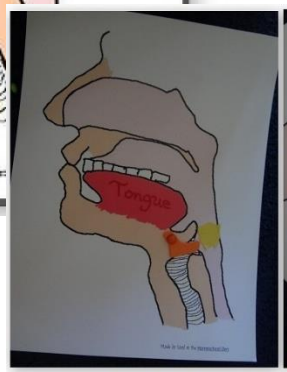
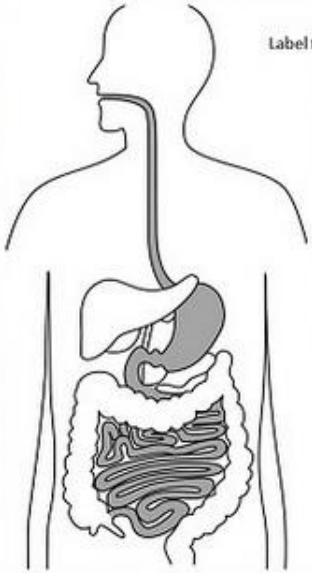


THE DIGESTIVE SYSTEM:

THE STOMACH AND INTESTINES



Label the following:

- mouth
- esophagus
- stomach
- small intestine
- large intestine
- rectum
- anus
- liver
- gall bladder
- pancreas

Digestive Tract

Cut different colors of yarn the following lengths. Color code your paper to match the length of the yarns you cut.

Trace your body on a large sheet of butcher paper and lay your digestive tract out on the paper:

Mouth = 4 inches

Esophagus = 10 inches

Stomach = 8 inches

Small Intestine = 23 feet

Large Intestine = 5 feet

Rectum = 5 inches

Digestive Functions

Mouth	*Much of the leftover water is absorbed in this section
Esophagus	*Secretes and sends bile to the small intestines, stores nutrients, prevents poisons from going to the rest of the body, plus many other functions
Stomach	*The tube that connects the mouth to the stomach. Smooth muscles that line this tube contract and relax in such a way that food is moved along.
Small Intestine	*Stores bile until it is needed
Large Intestine	*The final portion of the large intestine.
Rectum	*Chews the food and adds saliva, breaking food into smaller pieces.
Liver	*Produces important enzymes such as insulin. Secretes digestive enzymes that assist in the absorption of nutrients in the small intestine.
Gall Bladder	*Muscles in the wall squeeze the food around to mix it. Food breakdown continues.
Pancreas	*More enzymes are added and food nutrients are absorbed and passed along into the blood.

THE DIGESTIVE SYSTEM

After you chew and swallow, the food lumps or _____, passes through the esophagus.

Stomach:

In the stomach the food breakdown continues. Muscles in the stomach wall squeeze food around to mix it.

Gastric pits in the walls of the stomach secrete strong _____ and enzymes. These chemicals are especially good at breaking down proteins into smaller chains of amino acids. A layer of thick slime (mucin lining) protects the stomach from its own acid. That's why the stomach doesn't digest itself.

Stomach Acid's Function:

1. aids in digestion
2. will kill bacteria. Bacteria can't live in an acidic environment and so the harmful bacteria are killed.
3. help to activate production of iron and thiamine

Air and liquid squished through the system makes gurgling noise. That's why your stomach _____.

When air in the stomach comes back up through the esophagus and out your mouth, we call it a _____.

Small Intestine:

The food mass turns from a pasty mixture that passes into the small _____. The small intestine adds solutions to the stomach acid that make it harmless to the delicate lining of the small intestine. In the small intestine still more enzymes are added and the undigested food is broken down into absorbable _____.

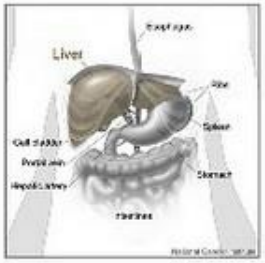
At the end of the small intestine most nutrients have been _____. What remains is mostly _____ and other indigestible matter. This mass passes into the large intestine or _____. In the colon, most of the _____ is absorbed.

Bacteria in the large intestine makes _____ and waste products. The gas can get released at the most embarrassing times (_____). People release gases on average of _____ times a day.

Food does not physically pass through every organ. Some organs are known as accessory organs.

The Liver:

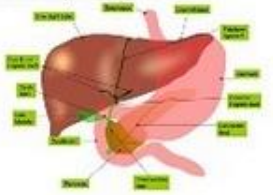
All the blood from your intestines goes to your _____ first. Nutrients, vitamins and minerals go through your liver to get processed. The liver either _____ them or lets them through.



The Liver secretes and sends _____ to the small intestine to help with the breakdown of _____. Bile's main role is to _____ fats which means to break them into _____ droplets so the body can use them as nutrients.

Activity: added a couple droplets of cooking oil to water. Add a dropper full of dishwashing detergent to one of the cups and stir. What happens to the oil droplets?

The liver keeps poisons, such as _____ from going to the rest of your body.



Gallbladder: _____ is stored in a small sac called the gall bladder until needed.

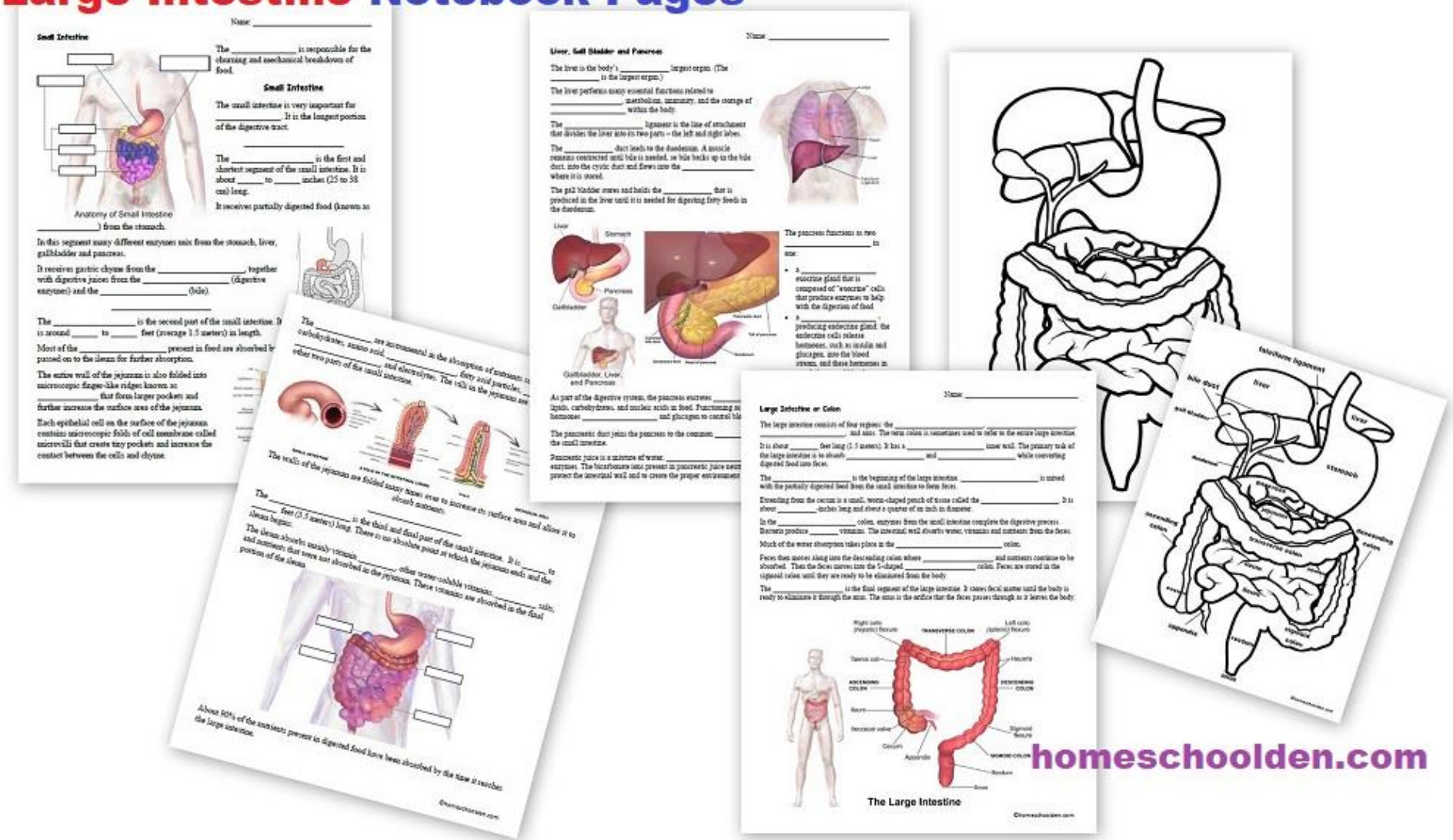
Pancreas: Produces important hormones including _____. Secretes pancreatic juice, a _____ enzyme that assists in the absorption of nutrients and digestion in the _____ intestine.

Also included in the Digestive System Packet:

Lapbook/Notebook Pieces

Available at homeschoolden.com

Small Intestine, Liver, Gall Bladder & Pancreas, Large Intestine Notebook Pages



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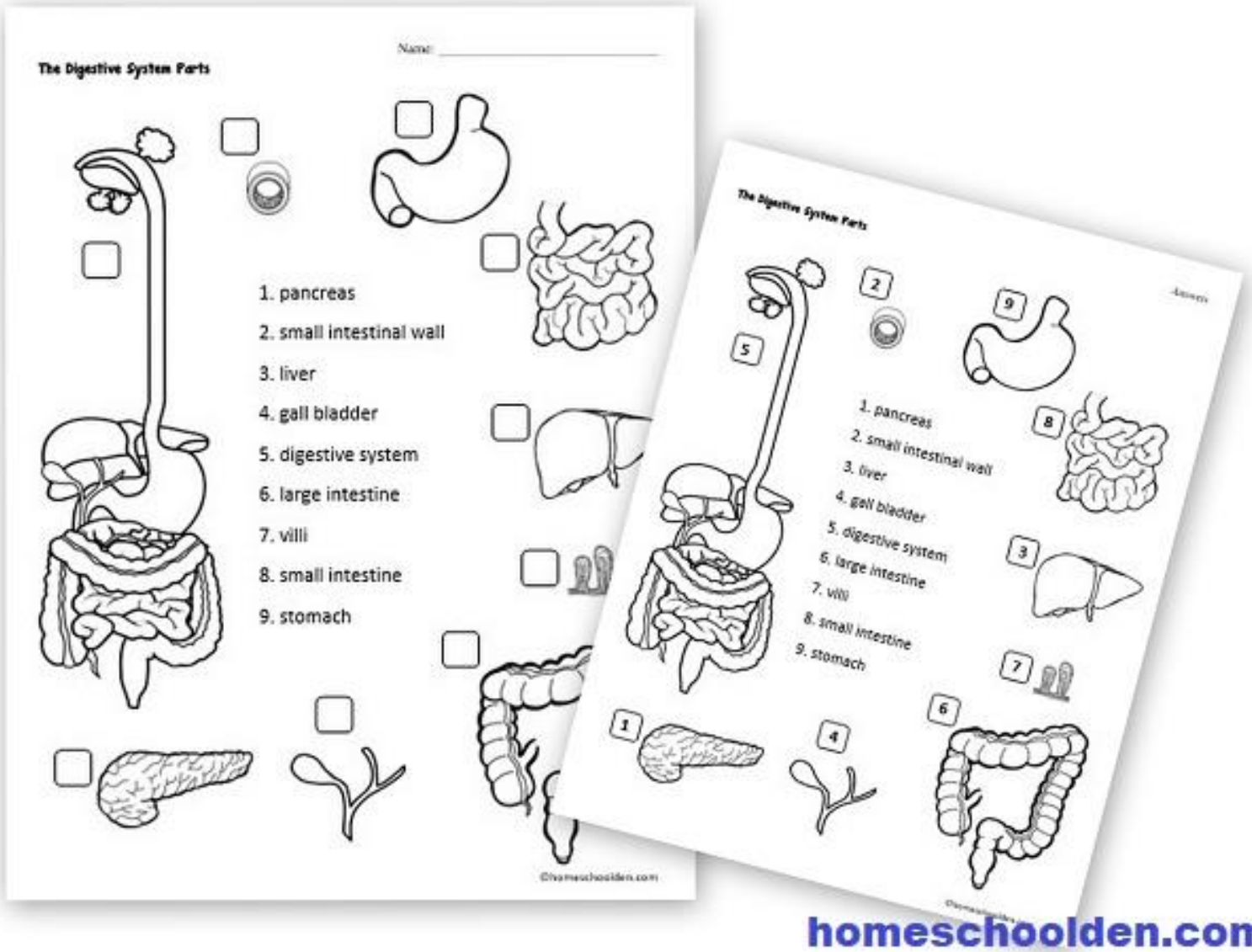

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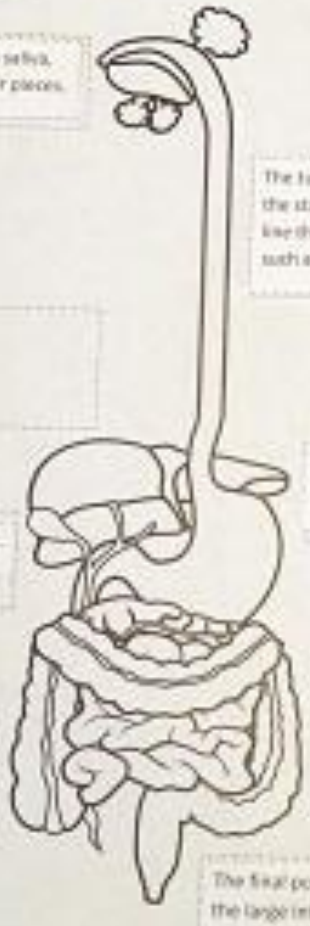
Name: _____

Digestive Functions



Chews the food and adds saliva, breaking food into smaller pieces.

The tube that connects the mouth to the stomach. Smooth muscles that line this tube contract and relax in such a way that food is moved along.

liver

Muscles in the wall squeeze the food around to mix it. Food breakdown continues.

Stores bile until it is needed.

pancreas

small intestine

Much of the leftover water is absorbed in this section.

The final portion of the large intestine.

Many enzymes are added and food nutrients are absorbed and passed along into the blood.

Produces important enzymes such as insulin. Secretes digestive enzymes that assist in the absorption of nutrients in the small intestine.

Secretes and sends bile to the small intestines, stores nutrients, prevents poisons from going to the rest of the body, plus many other functions.


LIVER
GALL BLADDER
ESOPHAGUS
STOMACH
LARGE INTESTINE
Digestive System
Flap Book
homeschoolden.com


LIVER
STOMACH
ESOPHAGUS
SMALL INTESTINE
RECTUM
ANUS
Digestive System Flap Book
The Large Intestine
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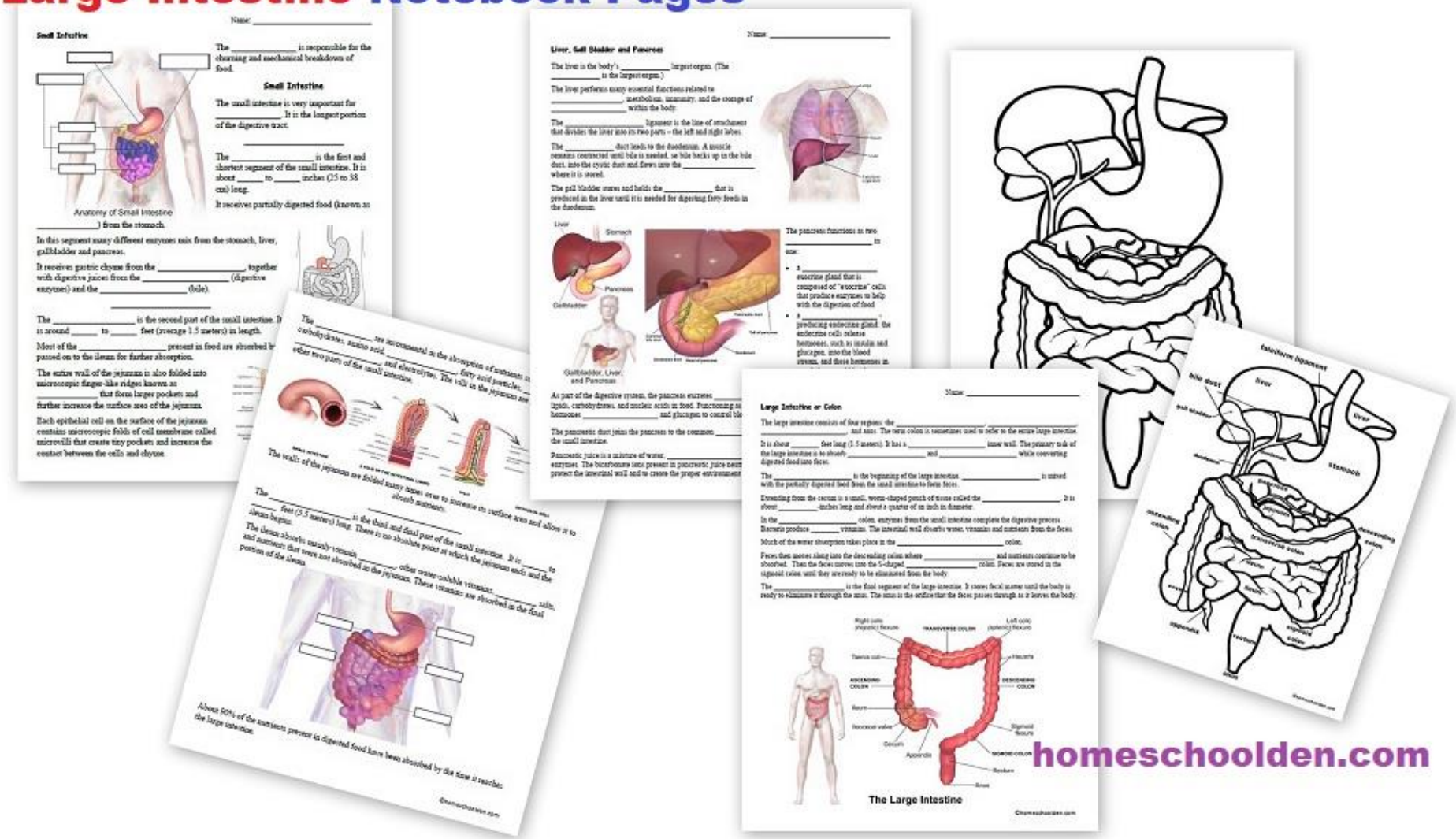
Small Intestine, Liver, Gall Bladder & Pancreas, Large Intestine Notebook Pages



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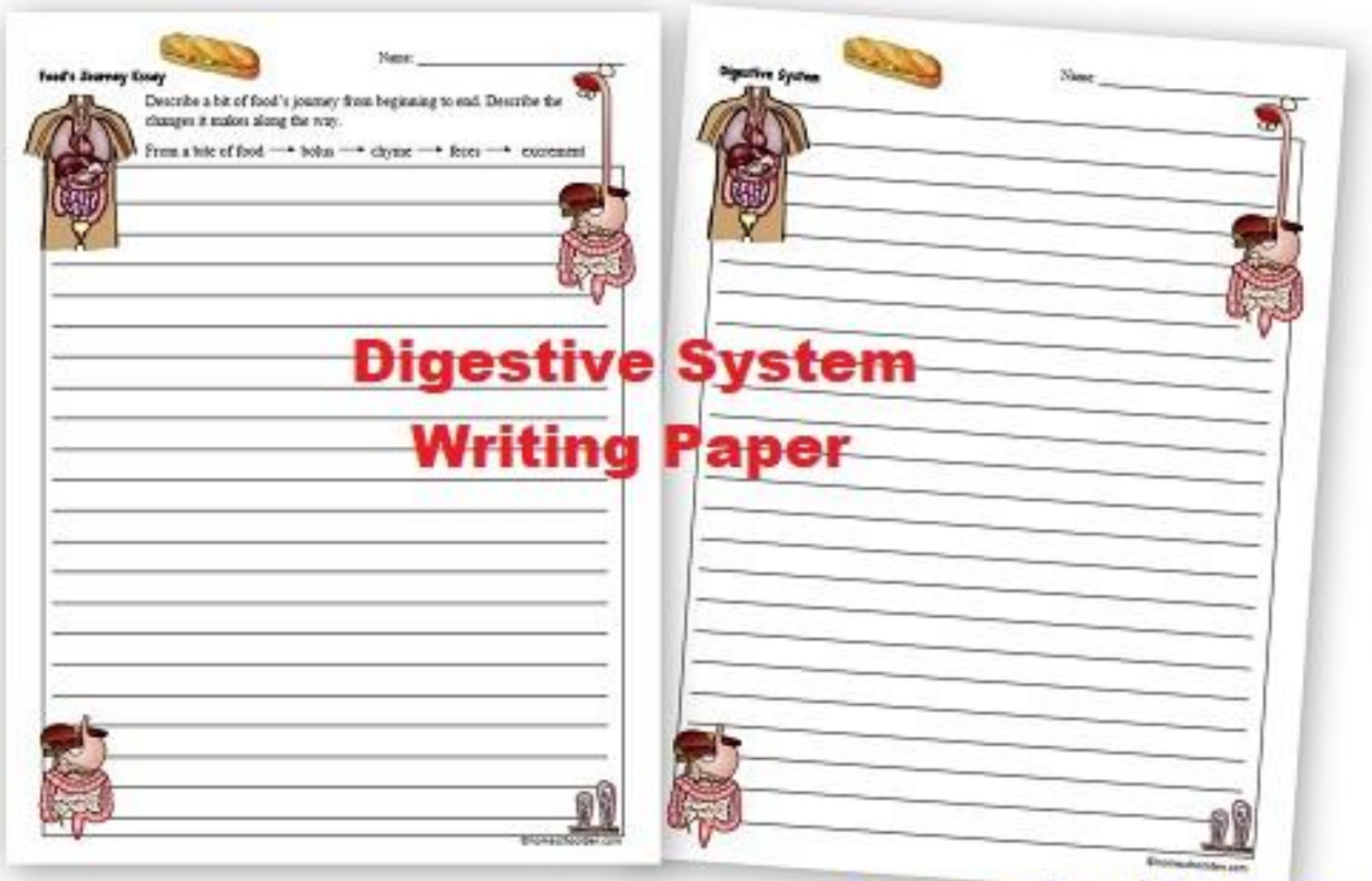

Digestive System Writing Paper

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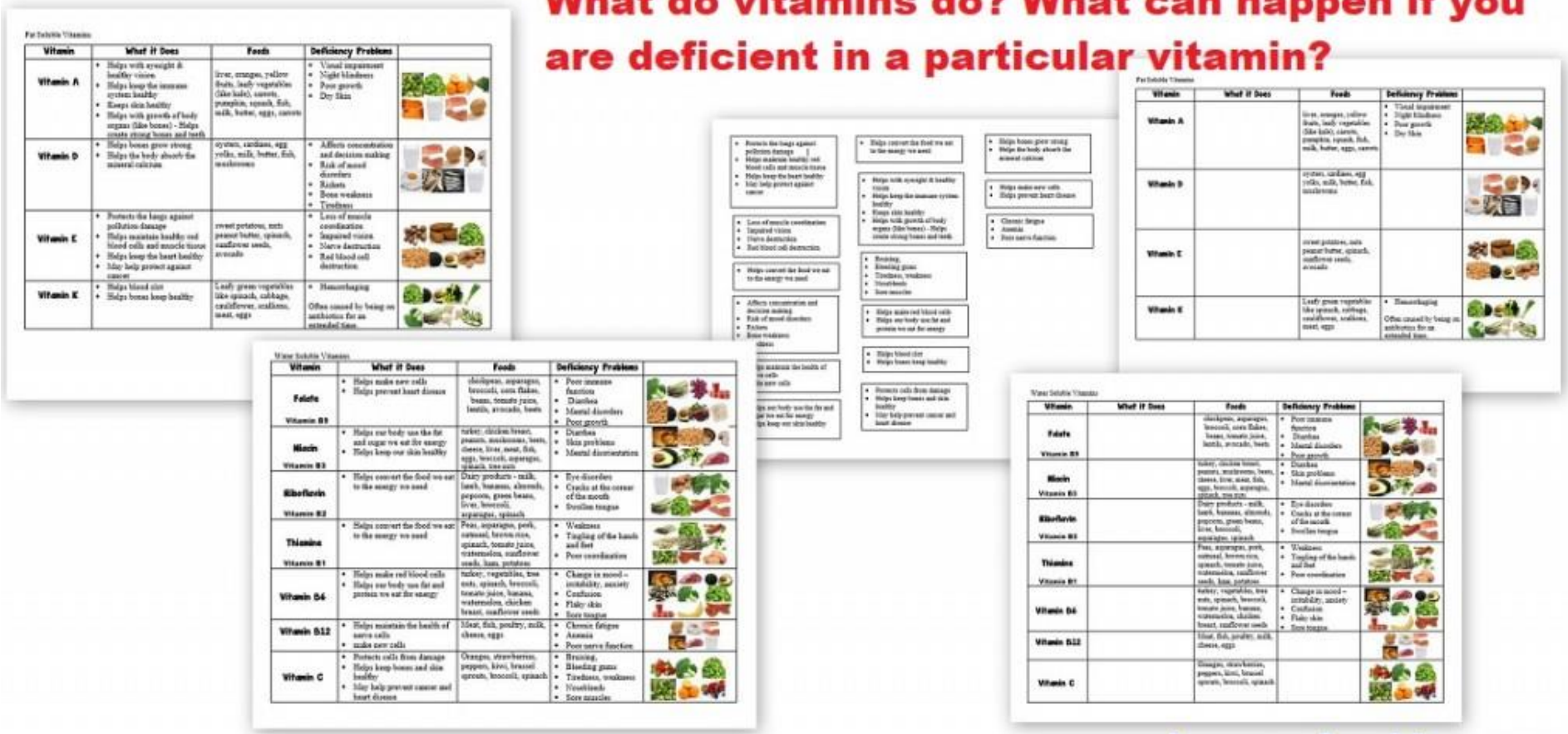
There's a section on vitamins and fiber.

What do vitamins do? What can happen if you are deficient in a particular vitamin?



Vitamin	What it Does	Foods	Deficiency Problems	
Vitamin A	• Helps with eyesight & healthy vision. • Helps keep the immune system healthy • Keeps skin healthy • Helps with growth of body organs (like bones) - Helps create strong bones and teeth	liver, oranges, yellow fruits, leafy vegetables (like kale), carrots, pumpkin, spinach, fish, milk, butter, eggs, carrots	• Visual impairment • Night blindness • Poor growth • Dry Skin	
Vitamin D	• Helps bones grow strong • Helps the body absorb the mineral calcium	oysters, sardines, egg yolks, milk, butter, fish, mushrooms	• Affects concentration and decision making • Risk of mood disorders • Rickets • Bone weakness • Tiredness	
Vitamin E	• Protects the lungs against pollution damage • Helps maintain healthy red blood cells and muscle tissue • Helps keep the heart healthy • May help protect against cancer	sweet potatoes, nuts peanut butter, spinach, sunflower seeds, avocado	• Loss of muscle coordination • Impaired vision • Nerve destruction • Red blood cell destruction	
Vitamin K	• Helps blood clot • Helps bones keep healthy	Leafy green vegetables like spinach, cabbage, cauliflower, scallions, meat, eggs	• Haemorhaging Often caused by being on antibiotics for an extended time	

Vitamin	What it Does	Foods	Deficiency Problems	
Folate Vitamin B9	• Helps make new cells • Helps prevent heart disease	chickpeas, asparagus, broccoli, corn flakes, beans, tomato juice, lentils, avocado, beets	• Poor immune function • Diarrhea • Mental disorders • Poor growth	
Niacin Vitamin B3	• Helps our body use the fat and sugar we eat for energy • Helps keep our skin healthy	turkey, chicken breast, peanuts, mushrooms, beets, cheese, liver, meat, fish, eggs, broccoli, asparagus, spinach, tomato	• Diarrhea • Skin problems • Mental disorientation	
Riboflavin Vitamin B2	• Helps convert the food we eat to the energy we need	Dairy products - milk, lamb, bananas, almonds, popcorn, green beans, liver, broccoli, asparagus, spinach	• Eye disorders • Cracks at the corner of the mouth • Swollen tongue	
Thiamine Vitamin B1	• Helps convert the food we eat to the energy we need	Peas, asparagus, pork, oatmeal, brown rice, spinach, tomato juice, watermelon, sunflower seeds, ham, potatoes	• Weakness • Tingling of the hands and feet • Poor coordination	
Vitamin B6	• Helps make red blood cells • Helps our body use fat and protein we eat for energy	turkey, vegetables, tree nuts, spinach, broccoli, tomato juice, banana, watermelon, chicken breast, sunflower seeds	• Change in mood – irritability, anxiety • Confusion • Flaky skin • Sore tongue	
Vitamin B12	• Helps maintain the health of nerve cells • make new cells	Meat, fish, poultry, milk, cheese, eggs	• Chronic fatigue • Anemia • Poor nerve function	
Vitamin C	• Protects cells from damage • Helps keep bones and skin healthy • May help prevent cancer and heart disease	Oranges, strawberries, peppers, kiwi, brussel sprouts, broccoli, spinach	• Bruising, • Bleeding gums • Tiredness, weakness • Nosebleeds • Sore muscles	

Vitamin	What it Does	Foods	Deficiency Problems	
Vitamin A		liver, oranges, yellow fruits, leafy vegetables (like kale), carrots, pumpkin, spinach, fish, milk, butter, eggs, carrots	• Visual impairment • Night blindness • Poor growth • Dry Skin	
Vitamin D		oysters, sardines, egg yolks, milk, butter, fish, mushrooms		
Vitamin E		sweet potatoes, nuts peanut butter, spinach, sunflower seeds, avocado		
Vitamin K		Leafy green vegetables like spinach, cabbage, cauliflower, scallions, meat, eggs	• Haemorhaging Often caused by being on antibiotics for an extended time	

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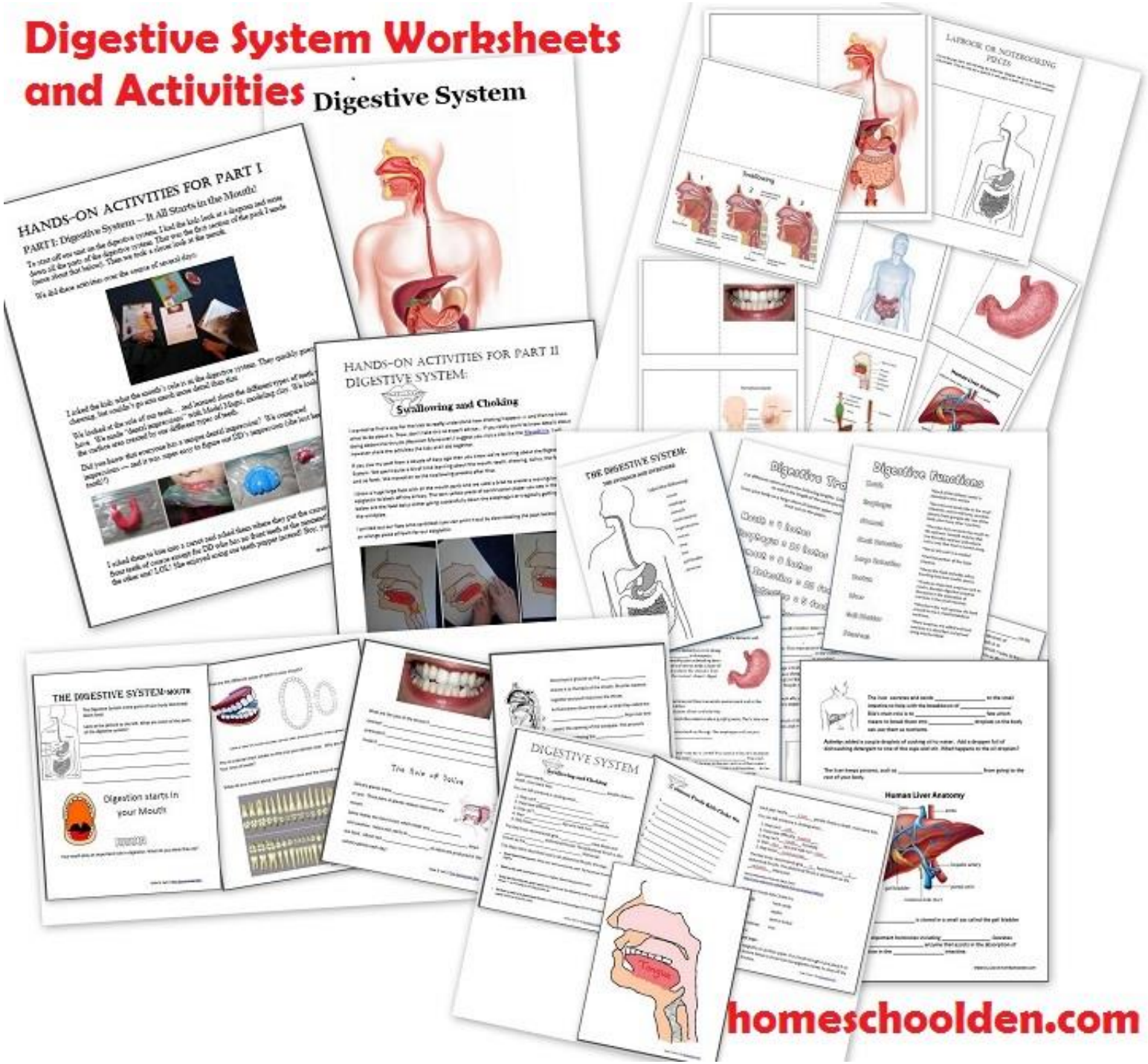
Digestive System Worksheets and Activities



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