



**THE DIGESTIVE
SYSTEM
COLORING
PAGES**

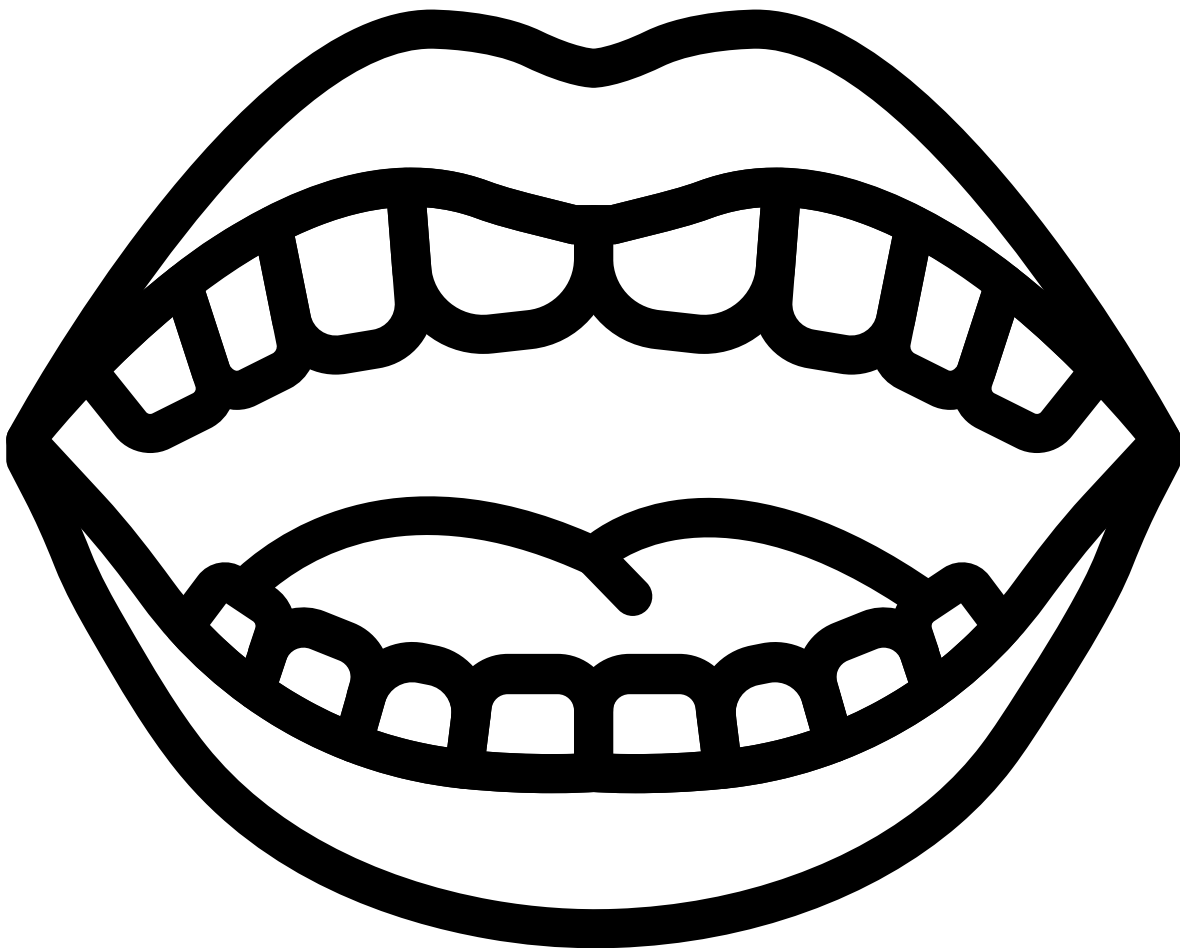


Transplant
UNWRAPPED

The Basics: Your Digestive System

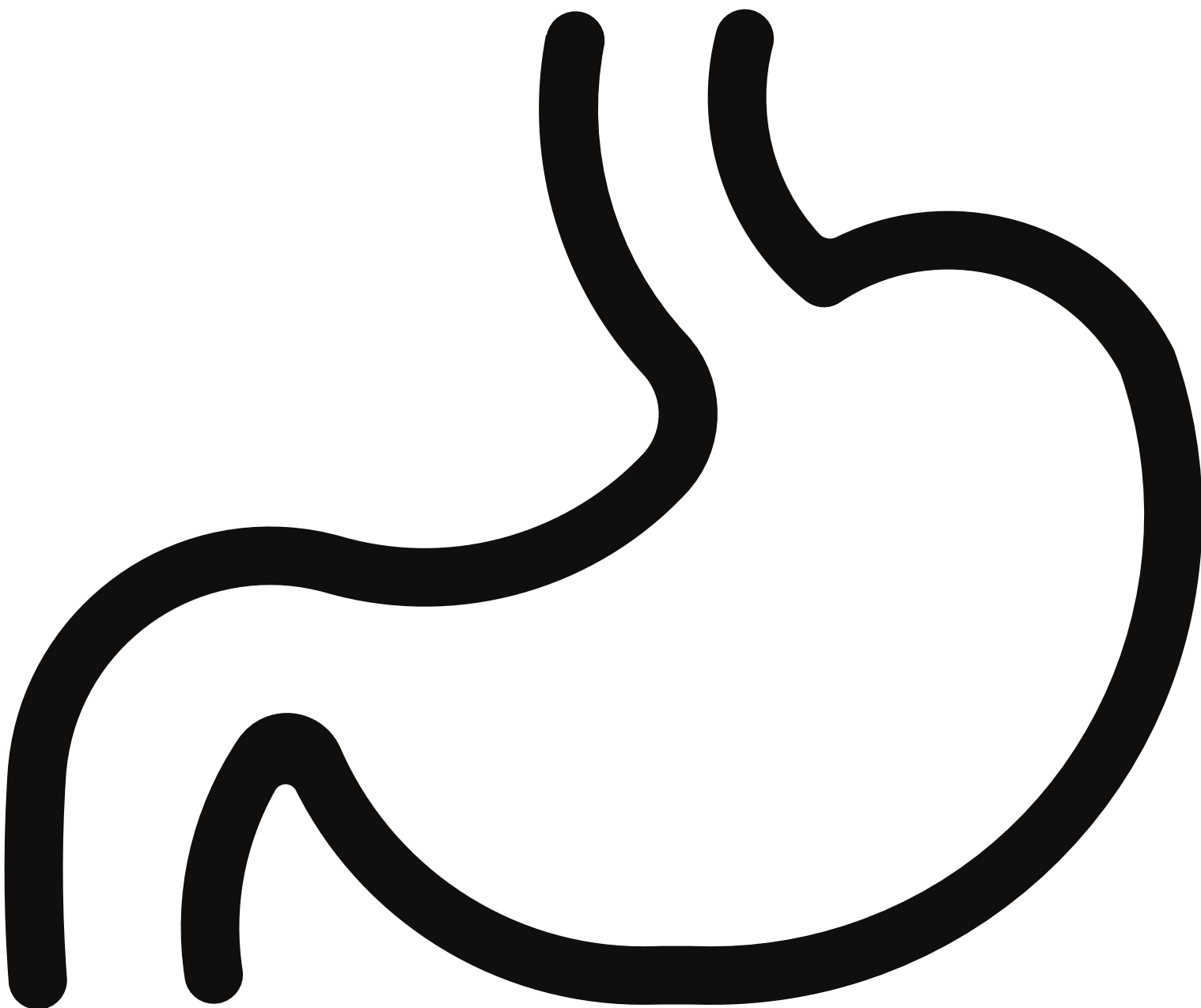
Digestion is when your body breaks down the food you eat, so your intestine can absorb the nutrients for energy and help you grow strong.

Digestion begins in your mouth. Color this mouth.



Food then moves down a tube in your throat, the esophagus, and enters your stomach.

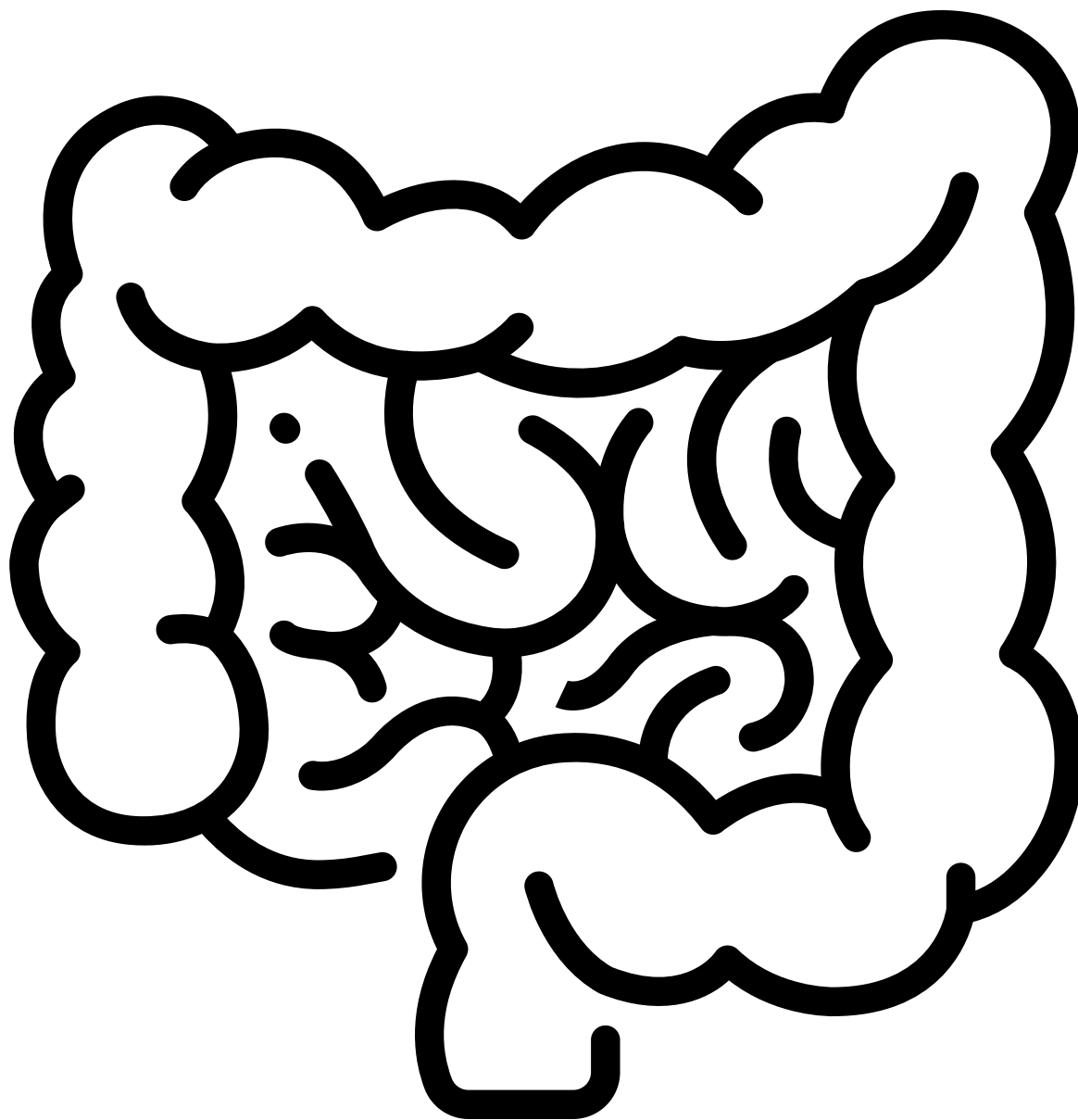
Draw and color the food that we might find in your stomach.



The food mixture then moves into the small intestine. This is what is too short in kids with short bowel.

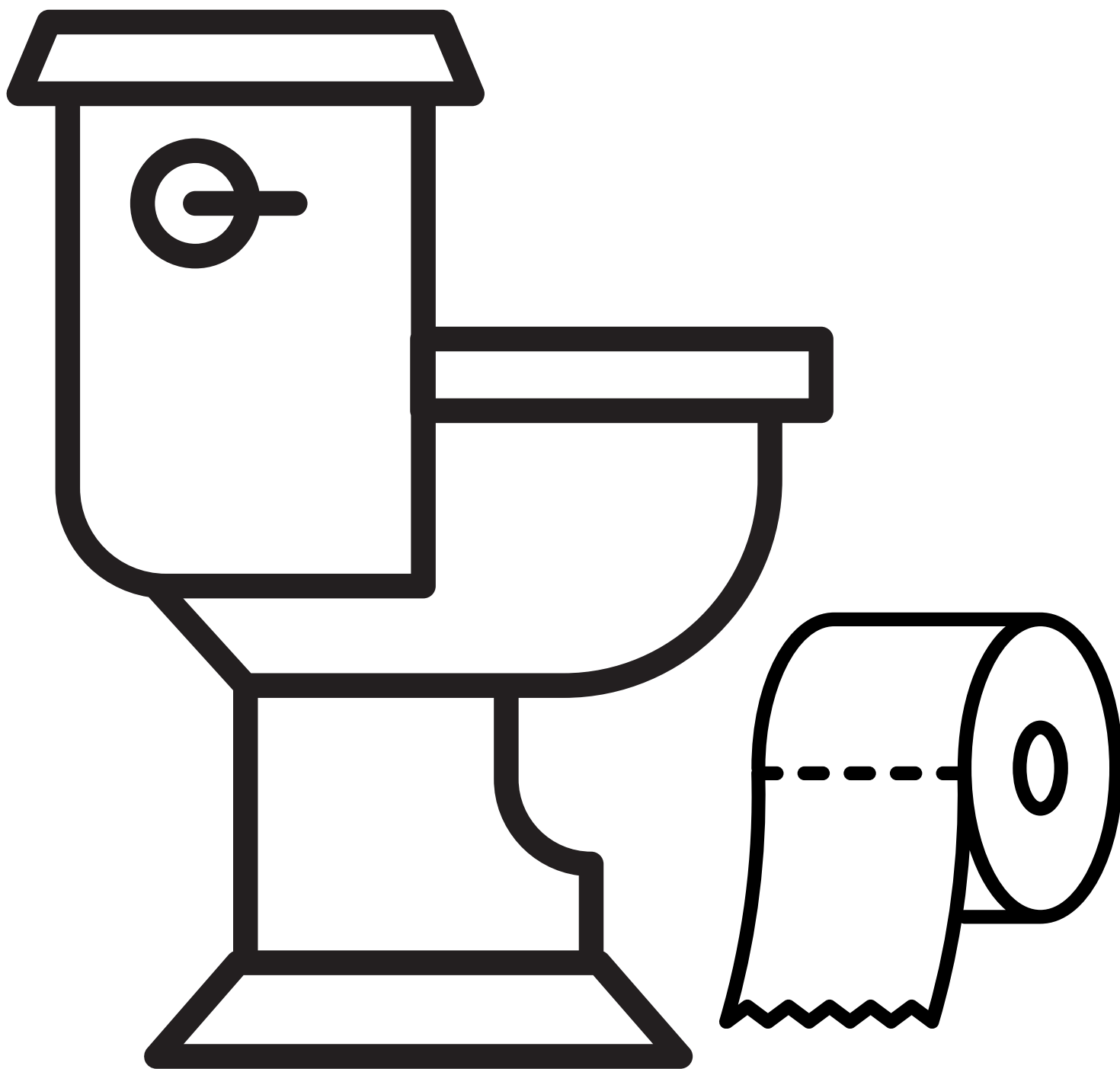
The small intestine absorbs the nutrients in your food to give you energy to grow strong and stay healthy.

Color the intestine with your favorite color.



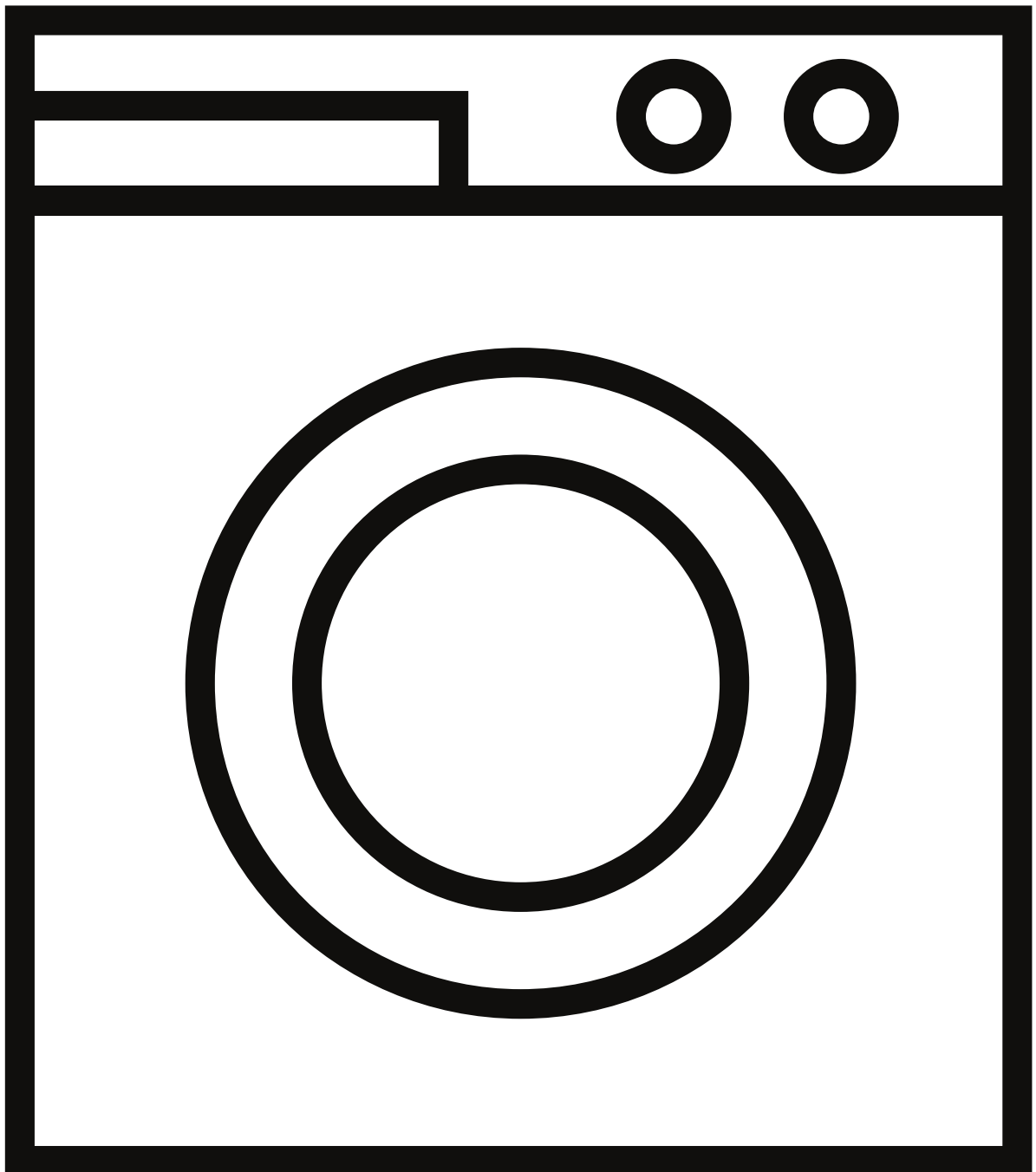
**The final stop is your colon, or large intestine.
You then poop out what is left.**

**If you could design a toilet and toilet paper,
what would they look like?**



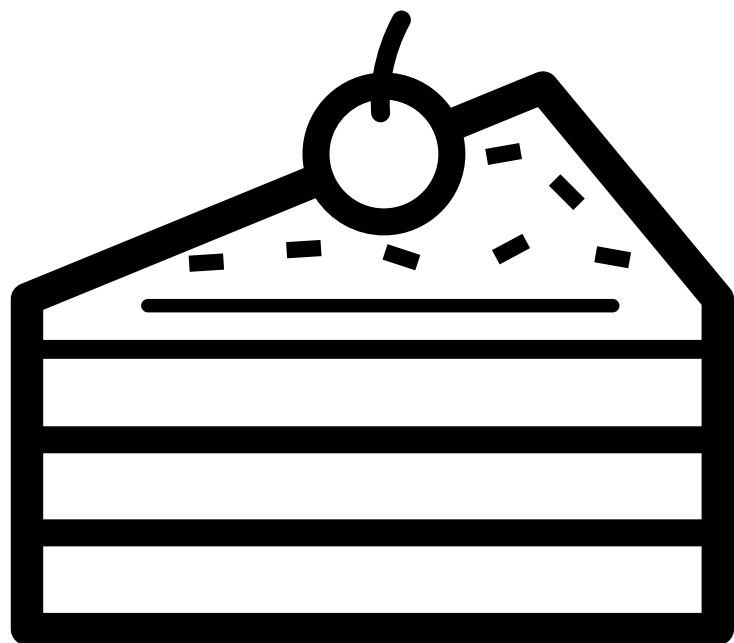
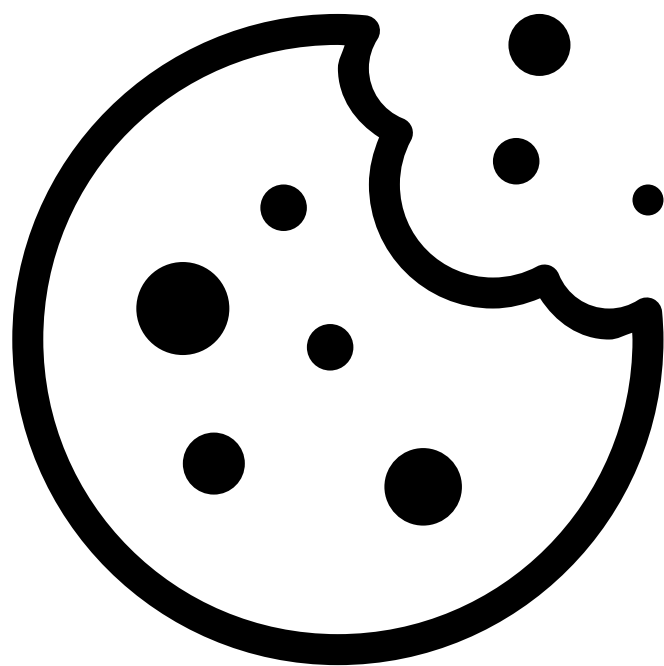
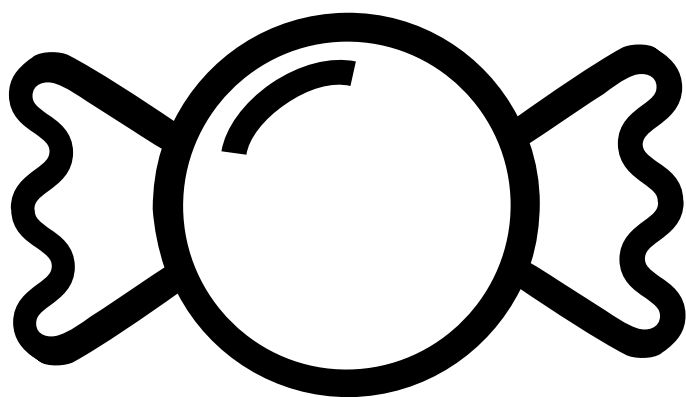
Another important organ is your liver. It helps to clean your blood, store energy, and help with digestion.

Just like your mom cleans your clothes in the wash, your liver cleans your blood. Design a cool washing machine.



Another important organ in digestion is your pancreas. It also helps with levels of sugar in your blood by making insulin.

Color in these yummy treats. When you eat things with sugar, the pancreas kicks into high gear!



The Basics: Your Digestive System

Fun Fact: In one day, your salivary glands can produce up to six cups of saliva! (1)

When you put food into your **mouth** and chomp down with your teeth, you break the food into smaller pieces. This also causes special structures in your mouth called **salivary glands**, to produce saliva.



Fun Fact: Your stomach can expand to the size of a football with food inside.

Food then moves down a tube in your throat, the **esophagus**, and enters your stomach. This only takes about 7 seconds! (2)

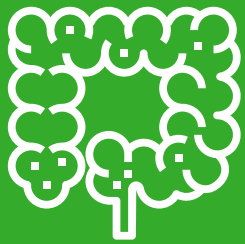


The **stomach** is a stretchy muscular sack that releases digestive juices and acid to help breakdown food. The muscular contractions of the stomach, known as peristalsis, pushes the food out of your stomach and into your small intestine.



Fun Fact: In the average adult the small intestine is 20 ft. and large intestine is 5 ft.

The **small intestine** breaks down the food more, allowing the nutrients and energy it contains to pass through the lining of the small intestine and give your body the **fuel** it needs.



Fun Fact: Poo smells because of the bacteria in your gut and the chemicals they release.



The mush that is left then moves to the last portion of the digestive tract known as the **large intestine**. The large intestine helps to absorb any water or minerals that may have been left-over. The remaining substances is known as feces, or **poop!**



When you feel like you need to go to the restroom, a ring of muscle called the anus relaxes to allow the poo to come out!

More Info? Contact or Visit us.



info@transplantunwrapped.org



www.transplantunwrapped.org



www.transplantunwrappedkids.org



Transplant UNWRAPPED

© 2021 Transplant Unwrapped. All rights reserved.

Disclaimer: This booklet is not intended to be used as medical advice or to diagnose, treat, cure or prevent any disease, nor should it be used for therapeutic purposes or as a substitute for a health professional's advice. Transplant Unwrapped does not accept any liability for any injury, loss or damage incurred by use of or reliance on the information presented.