

# SEQUENCE OF THE PROCESS

The following statements explain the journey of your lunch from your mouth to the intestines. Put them in order of the process of digestion.

The chewed food travels down a tube called the esophagus. Strong muscles in the esophagus squeeze and push the food along until it reaches your stomach.

After mashing, your stomach squirts the soupy food into a tube named the small intestine. The small intestine breaks up the food even more.

When you chew, you first grind up every bite with watery stuff called saliva. Once each mouthful is munched into mushy bits, you swallow.

After the esophagus carries the food to the stomach, stomach muscles mash the food some more and mix it with stomach juices until it's soupy.

After that, the walls of the small intestine soak up the liquid and pass the good, healthy food bits into your blood, which carries them to the rest of your body.

