



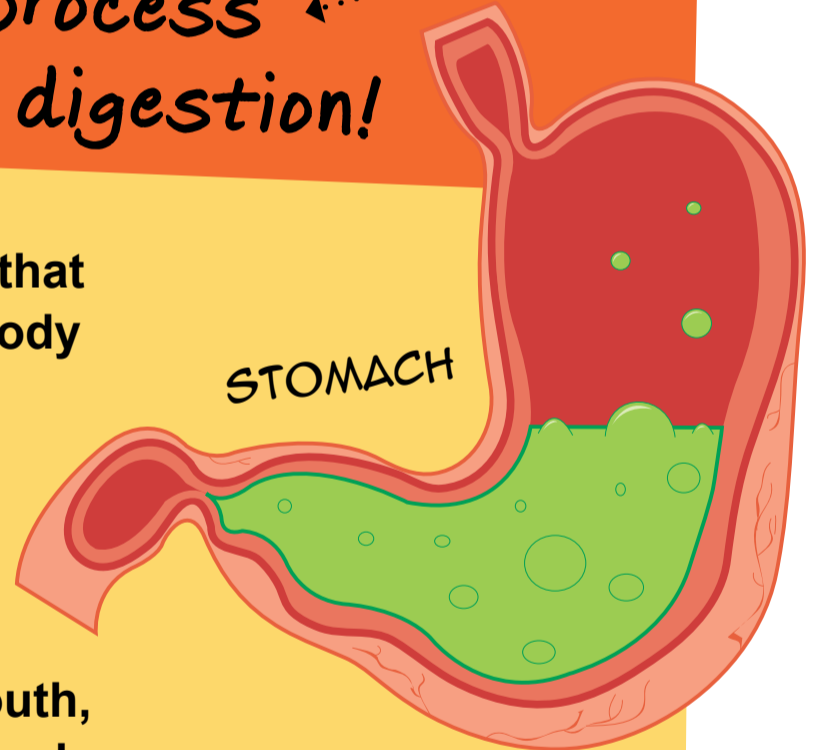
YOU!

WHAT HAPPENED TO YOUR BREAKFAST AFTER YOU SWALLOWED IT?

When you eat, your body turns the food into **ENERGY** and takes the vitamins, minerals and other nutrients out to help your body work. o

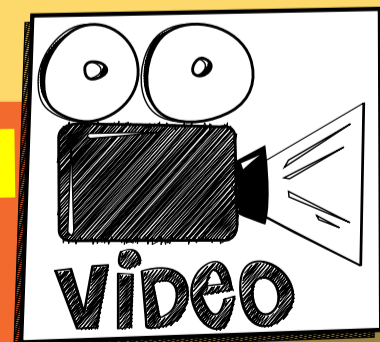
This process is called digestion!

- Did you **KNOW** that the parts of the body that are involved in digestion are called the **DIGESTIVE SYSTEM** which includes your mouth, esophagus, stomach and intestines? o



NURSE SNIGGLES

You can learn more about your **digestion** by clicking on this **link** to watch a fun cartoon called Belly Bonanza! o



Thanking The Hospital for Sick Children for contributing to this information.

SickKids | AboutKidsHealth.ca

