

4. The digestive system

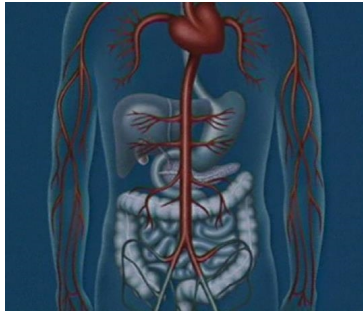
4.1 The organs in the digestive tract

4.1.1

The role of the digestive system

FROM FOOD TO NUTRIENTS

The digestive tract has an essential function. It transforms the food we eat into nutrients. These nutrients then move into the blood in the body, to fuel all of its cells.



This allows the body to **build** and **maintain** itself, **protect** itself and **function** throughout its entire life – provided we eat a wide variety of food. This variety is important because different kinds of food contribute to the body in different ways.

TYPES OF FOOD

Some food groups, such as dairy products, help build and maintain the body. Such food is called **body-building food**.

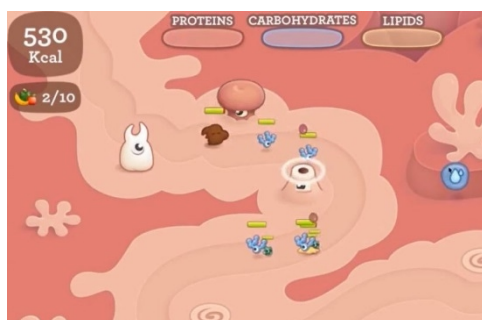


Other kinds of food help us stay in good health; for example, fruit and vegetables that contain vitamins. These are called **body-protective food**.

Then there is **energy-giving food**, which allows us to walk or run thanks to the energy it provides to our cells. Bread and pasta are good examples.



DIGESTIX



DIGESTIX is one of the games associated with this online course. In this game, we see that it is more complicated to transform certain kinds of food than others. Clearly your teeth do not help you digest milk, but rice and apples are more complicated to digest. The more complex food is to digest, the more it needs to be transformed.

The organs of the digestive tract and its accessory digestive glands carry out these transformations. Each organ plays a very specific role, but all the organs work together to transform the food we eat, even the most complex food.