Vocabulary List for *The Digestive System*

Main Vocabulary

Word	Definition	Example Sentence
Digestive System	The group of organs that break down food into nutrients	The digestive system helps our bodies use food for energy.
Digestion	The process of breaking down food	Digestion begins in the mouth.
Nutrients	Substances in food that help us grow and stay healthy	Fruits and vegetables contain important nutrients.
Organ	A body part with a specific job	The stomach is an organ in the digestive system.
Saliva	The liquid in your mouth that helps break down food	Saliva helps soften food before swallowing.
Enzyme	A substance that helps break down food	Enzymes help digest different types of food.
Waste	Material the body does not need	Waste leaves the body after digestion.
Energy	The strength our bodies get from food	Food gives us energy to learn and play.
Mouth	Where food enters the body	Digestion starts in the mouth.
Teeth	Hard structures used for chewing	Teeth break food into smaller pieces.
Tongue	A muscle that helps move food for swallowing	The tongue pushes food to the back of the mouth.
Oesophagus	The tube that carries food to the stomach	Food travels down the oesophagus.
Stomach	A muscular organ that mixes and breaks down food	The stomach churns food into a liquid mixture.
Small Intestine	The organ where nutrients are absorbed	Most nutrients are absorbed in the small intestine.
Large Intestine	The organ that absorbs water from waste	The large intestine removes water from waste.

Descriptive Vocabulary

Word	Definition	Example Sentence
Healthy	In good condition	A healthy diet helps digestion.
Balanced	Having the right amounts of different foods	A balanced diet keeps us healthy.
Muscular	Made of strong muscles	The stomach is a muscular organ.
Essential	Very important or necessary	Nutrients are essential for growth.
Nourishing	Providing the food needed for health	Fruit is a nourishing snack.

Action Vocabulary

Word	Definition	Example Sentence
Chew	To crush food with your teeth	We chew food before swallowing.
Swallow	To move food from the mouth into the body	It is important to chew before you swallow.
Churn	To mix food by squeezing and turning it	The stomach churns food with digestive juices.
Digest	To break down food into nutrients	The body digests food for energy.
Absorb	To take in nutrients or water	The small intestine absorbs nutrients.
Transport	To carry something from one place to another	The oesophagus transports food to the stomach.
Break Down	To separate into smaller parts	Enzymes help break down food.
Remove	To take away	The large intestine removes water from the waste.