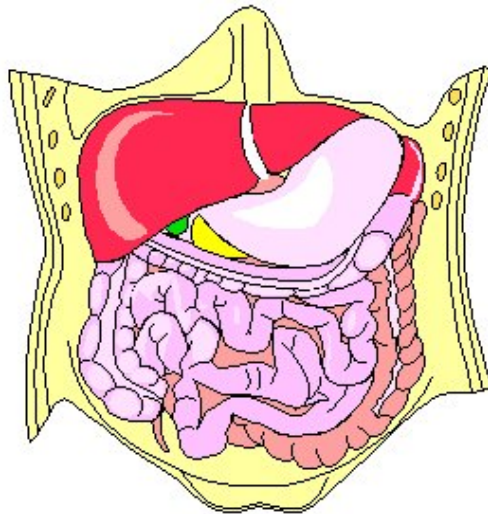




The Intestine & Digestive Tract

The **small intestine** (say in-**test**-in) is a long tube that's 1 1/2 inches to 2 inches around, and it's packed inside you beneath the stomach. If you stretched out your small intestine, it would be about 22 feet long - that's like 22 notebooks lined up end to end, all in a row! The small intestine has the important job of breaking down the food mixture so your body can absorb all the nutrients it needs from food - vitamins, minerals, proteins, carbohydrates, and fats.

Abdominal Digestive Organs



The **large intestine** is fatter than the small intestine (3 inches to 4 inches around), and it's almost the last stop on the digestive tract. Like the small intestine, it is packed into the body, and if it were stretched out would be about 5 feet long.

The digestive tract is like a long tunnel with many sections and different areas (think of a waterslide). All the parts of the digestive tract and these organs work together to allow you to **digest**, which means getting what your body needs (nutrients and energy) from food, and then getting rid of the waste that's left over.

