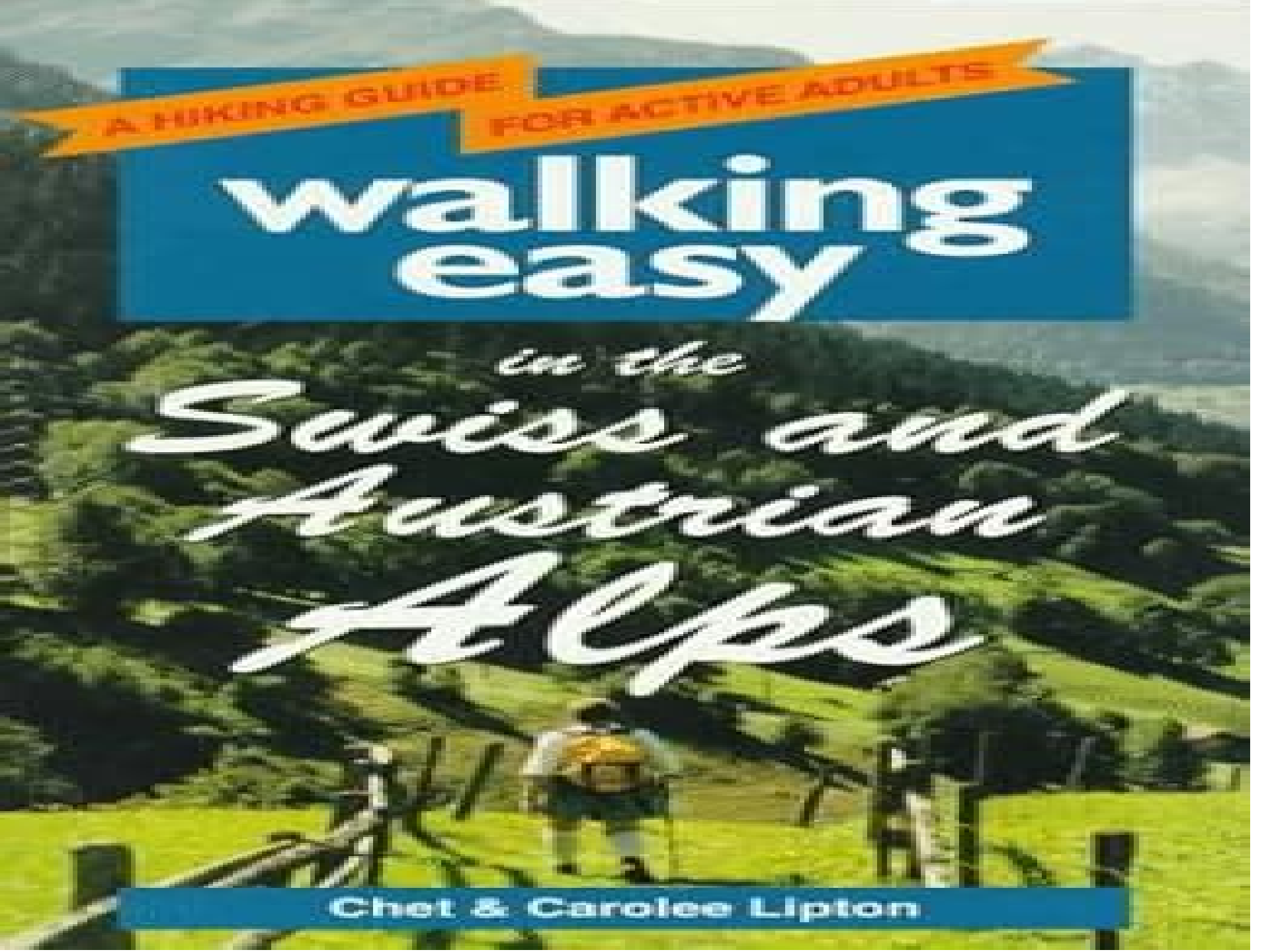




A HIKING GUIDE

FOR ACTIVE ADULTS

walking easy

*in the
Swiss and
Austrian
Alps*

Chet & Carolee Lipton

Walking Easy In The Swiss Alps A Hiking Guide For Active Adults

John Howells



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system has three main functions first it breaks down food into molecules the body can use then the molecules are absorbed

into the blood and carried throughout the body finally wastes are eliminated from the body

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absorption and defecation the first of these processes ingestion refers to the entry of food into

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web food is digested in the stomach 2 the digestive system breaks down food 3 teeth break foods into small pieces what you learned 1 teeth carry out mechanical digestion 2 an enzyme in saliva breaks down starches into sugars 3 muscle contractions called peristalsis push food toward the stomach

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web begins the process of chemical digestion saliva secreted by salivary glands aids the mechanical and chemical process of digestion saliva is about 99 water and not only moistens food but cleanses the mouth dissolves food chemicals so they can be tasted and contains enzymes that start the chemical breakdown of starchy foods

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web the process by which the body breaks down food into small nutrient molecules absorption the process by which nutrient molecules pass through the wall of the digestive system into the blood

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