



MY BODY Inside and Out!



# What Happens When I Eat?



Ruth Owen

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by Ruth Owen

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# Contents

My Food's Incredible Journey .....	4
The Journey Begins.....	6
Tongues and Taste Buds.....	8
Your Food Is On Its Way .....	10
Inside Your Stomach.....	12
Gathering the Goodness .....	14
Your Food and You .....	16
The End of the Journey.....	18
Eating and Your Brain.....	20
Glossary .....	22
Index .....	24
Read More.....	24
Learn More Online.....	24

Words shown in **bold** in the text are explained in the glossary.



# My Food's Incredible Journey



Every year, you probably munch through hundreds of sandwiches, bowls of cereal, and pieces of fruit.

It's hard to imagine, but every bite of food you eat goes on an incredible journey.

Inside your body, that food becomes **fuel** to keep you thinking, talking, moving, and playing.

What actually happens to food, though, once it's inside you? Let's check it out.

What happens  
when I eat?











## The Journey Begins



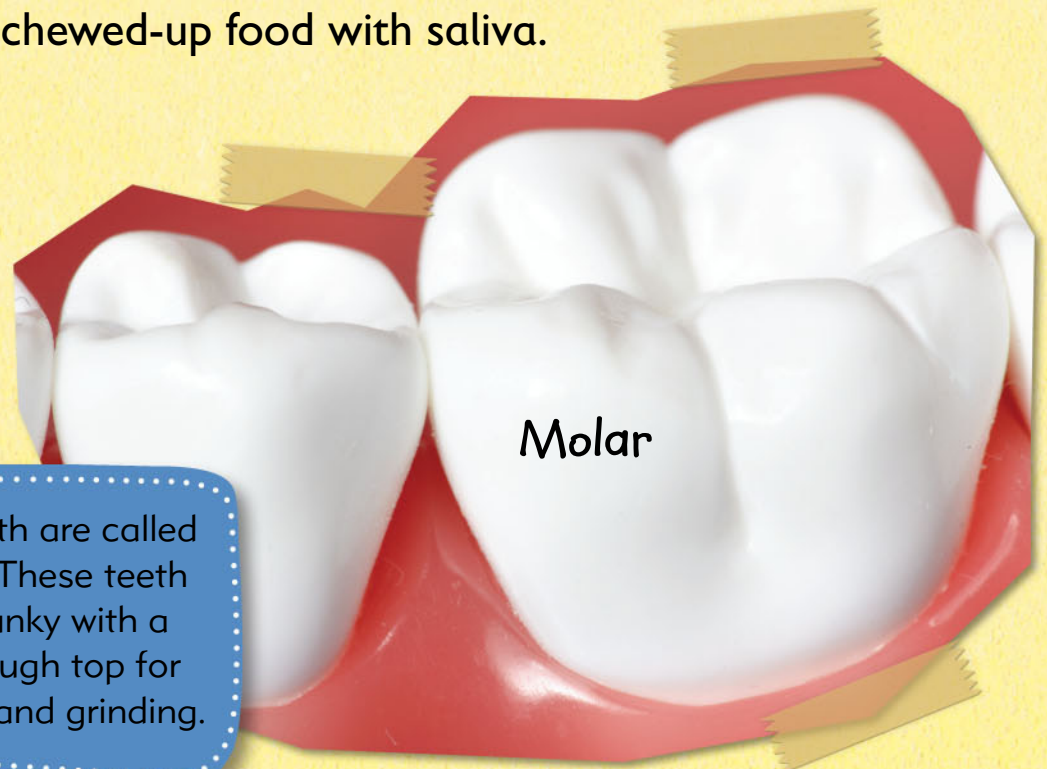
Did you know your food's journey begins when you see, smell, or think about food?

Before you even take a bite, your brain tells your mouth and **stomach** to get ready.

Your mouth starts producing a slimy liquid called **saliva**, or spit.

Once the food is in your mouth, your teeth cut and chew it into small pieces.

Your teeth and tongue work together to mix the chewed-up food with saliva.



Back teeth are called molars. These teeth are chunky with a wide, rough top for crushing and grinding.





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Your teeth are the hardest part of your body. They are even harder than bones!

Front teeth have sharp edges for biting and cutting.





# Index



## B

blood 13, 14, 16, 18  
brain 6, 20–21

## D

digesting food 12,  
14, 20  
digestive system 20

## E

esophagus 10–11,  
12–13, 15, 19

## F

flavors 8–9  
fuel for your body 4,  
13, 20

## L

large intestine 18–19  
liver 13, 15, 19

## M

mouth 6–7, 8–9, 10–11  
muscles 10–11, 12,  
16, 18

## N

nerves 20  
nose 8  
nutrients 14, 16, 18

## P

poop 18–19

## S

saliva 6, 10

small intestine 14–15,  
16, 18–19

smelling 6, 8  
stomach 6, 10, 12–13,  
14–15, 19, 21

## T

taste buds 8–9, 21  
teeth 6–7, 10, 16  
throat 10–11  
tongue 6, 8–9, 10

## V

villi 14  
vitamins 16

## W

water 16, 18

## Read More

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## Learn More Online

To learn more about what happens when you eat, go to  
[www.rubytuesdaybooks.com/mybodyeat](http://www.rubytuesdaybooks.com/mybodyeat)



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# What Happens When I Eat?



Every day the things you eat go on an incredible journey inside you. Find out how your teeth, stomach, intestines, and many other body parts work together to turn food into the fuel your body needs to keep you thinking, talking, moving, and playing.



## Titles in this series

**What Happens When I Eat?**

**What Happens When I Grow?**

**What Happens When I Move?**

**What Happens When I Sleep?**

