Maintaining a Healthy Digestive System
Presentation Notes
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• Digestion begins in the mouth, when you chew and swallow, and is completed in the small intestine.
• The esophagus connects the throat above with the stomach below.
• The stomach stores the swallowed food and liquid, mixes the food, liquid, and digestive juices, and empties the contents slowly into the small intestine.
• The liver turns nutrients into forms the body can use.
• Bile is a substance that helps your body digest and absorb fats. It is produced in the liver and stored in the gall bladder until needed.
• The pancreas produces pancreatic juice that contains enzymes the help break down carbohydrates, proteins, and fat.
• The small intestine produces intestinal juice to further break down food and absorption takes place.
• The large intestine, also called the colon, removes water, potassium and sodium from the waste. The remainder is stored as a semi-solid in the lower part of the intestine until is eliminated.
Why is Digestion Important?

Process
- Food and drink is broken down
- Body uses them to build and nourish cells
- Provide energy

Digestive System
This video describes the whole function of the digestive system in our body.
http://youtu.be/Z7xKYNz9AS0

When you eat foods – such as bread, meat, and vegetables – they are not in a form that the body can use as nourishment. Food and drink must be changed into smaller molecules of nutrients before they can be absorbed into the blood and carried to cells throughout the body.

YouTube video:
Digestive System
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Nutrients provide energy by using carbs, proteins, and fats, promote growth and development and regulate body functions by using proteins, fats, vitamins, minerals, and water.
Follow link to site and ask for volunteers to input their data.

**BMI Calculator >> BMR Formula**
http://www.bmi-calculator.net/bmr-calculator/bmr-formula.php

The BMR calculator allows you to calculate your Basal Metabolic Rate (BMR) as well as other information relating to the calories you burn a day. To use the calculator, simply input details about yourself such as you age, gender, weight and height. The calculator will then calculate an estimate of your BMR and adjust you BMR by various factors to allow you to see an estimate of the calories you burn a day based on your level of activity.

Automatic processes include breathing, digesting food, and creating new cells. Physical activities include work and exercise. The more active you are the more energy you use.
Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.
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References/Resources

Textbook:

Websites:
- National Digestive Diseases Information Clearinghouse - Your Digestive System and How it Works
  - http://digestive.niddk.nih.gov/ddiseases/pubs/yrdd/?debugMode=false
- Calculates the basal metabolic rate
- Frequently asked questions on Nutrition A to Z
  - http://www.faq5.org/nutrition/Met-Obe/Nutrients.html

YouTube:
- Digestive System
  - This video describe the whole function of the digestive system in our body.
  - http://youtu.be/Z7xKYVf9IA9