

*Dear Family,*

**In my class today**, we experimented with food to learn about digestion.

**Did You Know?**

- Your body breaks down the food you eat as soon as you take a bite. The food becomes useful for your body. You take a bite. Your teeth grind up the food. The food becomes small enough to swallow. Saliva mixes with the food in your mouth. This helps it slide down your throat. The muscles in your throat squeeze the food. The food moves into your stomach.
- Your stomach mixes and mashes the food. The food breaks into even smaller pieces. The food is mixed with digestive juices in the stomach. This helps it move on to the next step. The food moves to your intestines. It is mixed with more chemicals. This allows the vitamins, minerals, protein, and other good stuff from the food to be used by your body. This process can take a whole day. Sometimes it takes 2 days to complete!

**Ask Your Child:**

- Tell me what your stomach does with food.
- Why did you break up the crackers into small pieces?
- What happened when you added water to the bag with the cracker?
- How does your food get to your stomach?

**Activities To Do With Your Child:**

- Make an experiment with your child at home by gathering different textures of foods to try. You could use bananas, peanut butter, and dry cereal. Eat a spoonful of each, and discuss which ones were easiest to swallow. Talk about why it was easier to swallow than the other foods.
- Do some baking with your child. Prepare dry ingredients, and discuss what happens when you add the liquid ingredients.

**Vocabulary To Use With Your Child:**

- **stomach** – the organ in the body that processes food.
- **digestive juices** – any or all of the fluids produced by the body to digest food.
- **mixer** – a device used for mixing things together.
- **churn** – to move or stir with great force.
- **squeeze** – to press firmly together.
- **saliva** – a liquid produced in the mouth that helps people process food.