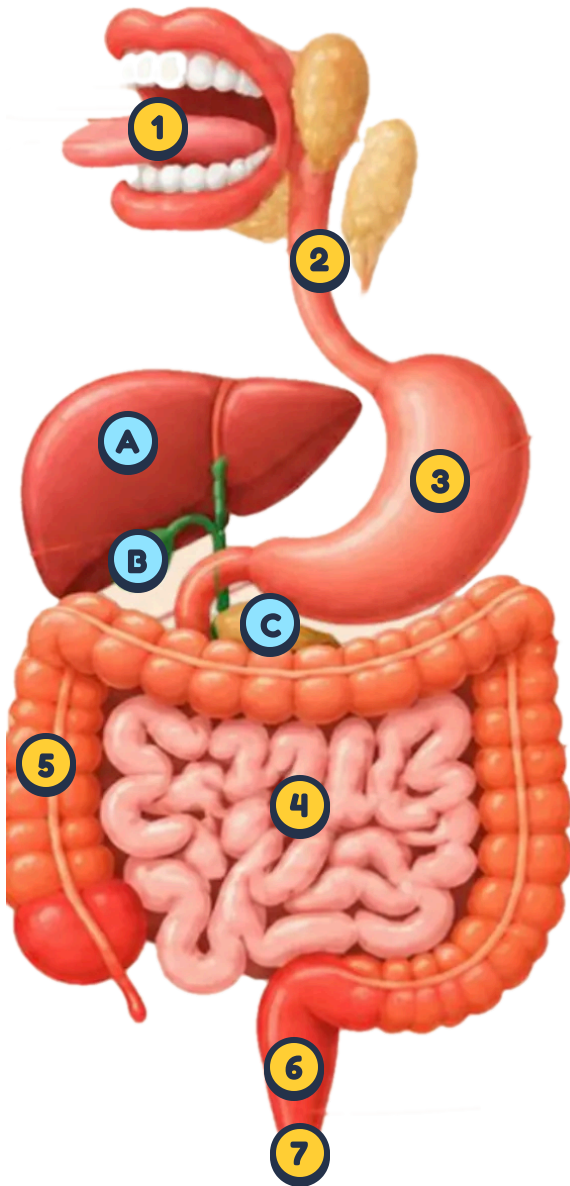




Dive Map

Follow the food! Write the name of each stop next to its number. Use the memory trick: **My Easy Sub Swims Long Rivers Away.**



- | | | |
|-----------------|---|-------|
| 1 My | M | _____ |
| 2 Easy | E | _____ |
| 3 Sub | S | _____ |
| 4 Swims | S | _____ |
| 5 Long | L | _____ |
| 6 Rivers | R | _____ |
| 7 Away | A | _____ |

Helper team! Write the helper organs on the lines.
Remember: Liver **MAKES**. Gallbladder **SAVES**.
Pancreas **BREAKS**!

- | | |
|----------|-------|
| A | _____ |
| B | _____ |
| C | _____ |

Word bank: mouth · esophagus · stomach · small intestine · large intestine · rectum · anus · liver · gallbladder · pancreas



Which Stop?

Where on our trip does it happen? Color the circle under the right stop.



Mouth



Stomach



Small intestine



Large intestine



Teeth cut, tear, and grind the food.

☐
☐
☐
☐


Strong muscles churn the food like a washing machine.

☐
☐
☐
☐


Villi soak the good stuff into the blood.

☐
☐
☐
☐


Water and minerals get soaked up from the leftovers.

☐
☐
☐
☐


Saliva starts breaking down the starch in bread.

☐
☐
☐
☐


Food mixes with gastric juices, full of acid and enzymes.

☐
☐
☐
☐


Digestion finishes, and most nutrients get absorbed.

☐
☐
☐
☐


The leftovers get firmer and turn into stool.

☐
☐
☐
☐


The tongue mixes food with saliva, then pushes it back to swallow.

☐
☐
☐
☐


A slimy mucus raincoat protects the walls from acid.

☐
☐
☐
☐



Organ Jobs

Every organ has a job! Read each job. Draw a line to the organ that does it.



Digestion begins here. Teeth chew, and saliva mixes in.

A stretchy tube that squeezes food down to the stomach.

A bag of strong muscles that churns food with gastric juices.

A long, twisty tube that soaks up most of the nutrients.

A wider, shorter tube that soaks up water and minerals.

It stores stool until it is time to go.

Stool leaves the body here, when you go to the bathroom.



Small intestine



Anus



Mouth



Rectum



Esophagus



Stomach

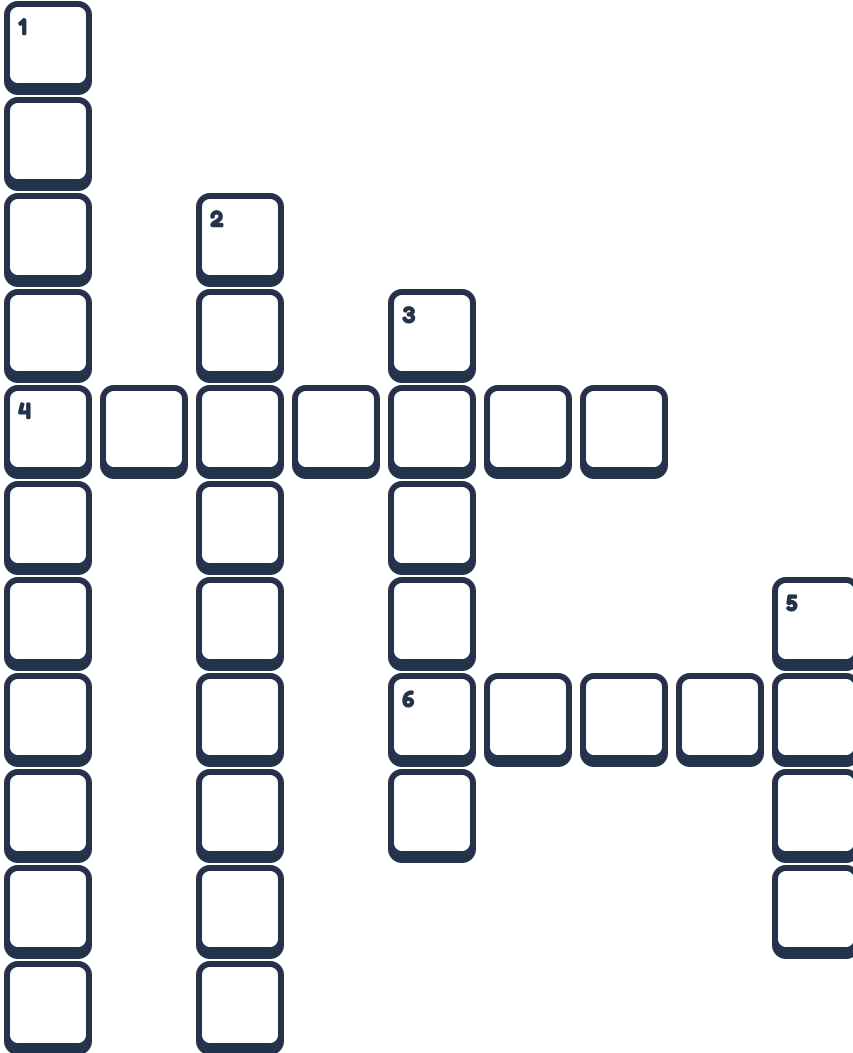


Large intestine



Spelling Crossword

Read each clue and look at its picture. Write one letter in each box.



1 down · 11 letters



The squeezing wave that pushes food down to your stomach. Squeeze, push!

2 down · 9 letters



Stop number two. The stretchy tube from your throat to your stomach.

3 down · 6 letters



The watery stuff in your mouth. It starts breaking down the starch in bread.

4 across · 7 letters



Stop number three. A stretchy bag of strong muscles that churns food.

5 down · 4 letters



A green juice made by the liver. It helps break down fats.

6 across · 5 letters



Tiny bumps like fingers in the small intestine. They soak the good stuff into the blood.

Say it in parts: pair · ih · STAL · sis. Peristalsis is the squeezing wave, like squeezing toothpaste out of a tube!



Deep Sea Word Hunt

Five words are hiding. Read each clue and write the word first. Then find it and color it in. Words go across → or down ↓ only.



Y	Q	V	B	G	L	K	E
T	R	V	N	N	K	X	P
N	E	T	N	B	Y	P	I
K	C	N	C	H	Z	M	G
V	T	F	X	Q	N	U	L
G	U	N	F	N	N	C	O
S	M	Y	W	Y	T	U	T
X	F	Q	X	B	F	S	T
E	N	Z	Y	M	E	S	I
P	A	N	C	R	E	A	S



A little flap that closes like a trap door over the air tunnel when you swallow.



A helper organ that makes enzymes to break food down. It BREAKS!



Tiny helpers that chop food into smaller and smaller pieces.



A slimy layer that works like a raincoat to protect the stomach walls.



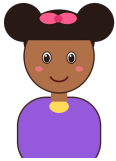
Stop number six. It stores stool until it is time to go.

Stuck? Here are the words, upside down: epiglottis · pancreas · enzymes · mucus · rectum 💡



Think Like a Captain

Decide if each explorer is right. Then explain why. Good captains always explain!



"When I finish eating, my body is all done with my lunch!"

Step 1. Is Maya right? ☐ Yes ☐ No Step 3. How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



"The small intestine is called small because it is short."

Step 1. Is Rio right? ☐ Yes ☐ No Step 3. How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



"The liver makes bile, and the gallbladder saves it until it is needed."

Step 1. Is Mei right? ☐ Yes ☐ No Step 3. How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



"After the stomach, food goes straight to the large intestine."

Step 1. Is Kai right? ☐ Yes ☐ No Step 3. How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



"Stomach acid is strong, but the stomach does not hurt itself. Mucus protects it!"

Step 1. Is Amira right? ☐ Yes ☐ No Step 3. How sure? 😞 ☐ 😊 ☐ 😄 ☐

Step 2. Why?



Captain's Race

A game for 2 to 4 players. You need a die (or number cards 1 to 6) and a coin or button for each player.



20 finish	19 whirlpool to 12	18 question card	17	16
11 up to 17	12	13	14 question card	15 whirlpool to 8
10 question card	9	8	7 up to 13	6
1 start	2	3 up to 9	4	5 question card

How to play: Roll and move. Land on 🪜, 🌀 or ★? Another player reads you a question card.
 🪜 Answer right to climb up. 🌀 Answer right to stay safe, or spin back down the whirlpool. ★ Answer right to roll again. First to the 🏆 wins!



Question Cards

Cut out the cards and put them face down in a pile. The answer is printed upside down at the bottom.



★ Question 1

How long is an adult's small intestine?

22 feet · 30 inches · 30 miles · 17 feet

Answer: 22 feet

★ Question 2

Where does digestion start?

stomach · esophagus · mouth · bathroom

Answer: mouth

★ Question 3

What is the liver's job?

mash up food · turn water into food · help the stomach · take harmful things out of the blood

Answer: take harmful things out of the blood

★ Question 4

When mashed up food reaches the stomach, what does it mix with?

guava juice · gastric juices · mucus · bile

Answer: gastric juices

★ Question 5

Where is bile made?

large intestine · stomach · liver · all of the above

Answer: liver

★ Question 6

What does the digestive system do?

breaks down and handles food · pumps blood through the body · helps you breathe · helps your arms and legs move

Answer: breaks down and handles food

★ Question 7

How long can food stay in the small intestine?

4 minutes · 4 months · 4 seconds · 4 hours

Answer: 4 hours

★ Question 8

What tube moves food from your throat to your stomach?

epiglottis · esophagus · feeding tube · pharynx

Answer: esophagus

★ Question 9

Which organs help your body break down food and soak up nutrients?

pancreas, liver, gallbladder · liver, heart, spleen · gallbladder, kidneys, appendix · kidneys, liver, bladder

Answer: pancreas, liver, gallbladder

★ Question 10

About how long is the large intestine?

1 foot · 10 feet · 5 feet · 100 feet

Answer: 5 feet

★ Question 11

Which stop comes right after the stomach?

large intestine · esophagus · small intestine

Answer: small intestine

★ Question 12

Which helper organ saves the bile until it is needed?

liver · gallbladder · pancreas

Answer: gallbladder

★ Question 13

What is the squeezing wave in the esophagus called?

villi · peristalsis · saliva

Answer: peristalsis

★ Question 14

Which chant word goes with the stomach?

CHOMP · SOAK · CHURN

Answer: CHURN

★ Question 15

What is the small pouch attached to the large intestine called?

rectum · appendix · gallbladder

Answer: appendix

★ Question 16

Which food is rich in fiber?

🍭 lollipops · 🍏 apples · 🥤 soda

Answer: apples

★ Question 17

Which habit keeps your digestive system healthy?

💧 drink plenty of water · 🛌 sit still all day · 🍬 eat only candy

Answer: drink plenty of water

★ Question 18

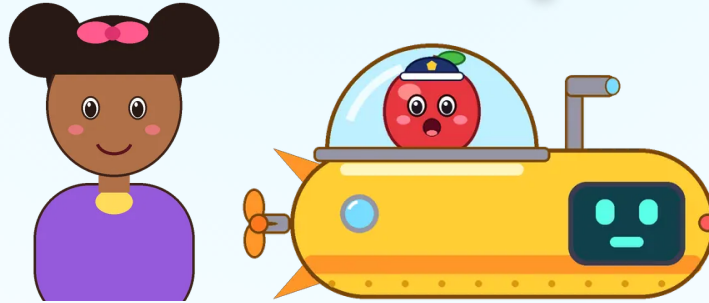
Which stop comes last?

rectum · anus · large intestine

Answer: anus



Digestion Explorer!



collected all 7 gems on **Appy's Submarine Adventure**

Mouth, esophagus, stomach, small intestine, large intestine, rectum, anus. **My Easy Sub Swims Long Rivers Away!** Liver **MAKES**, gallbladder **SAVES**, pancreas **BREAKS**.

CHOMP!

SLIDE!

CHURN!

SOAK!

DRY!

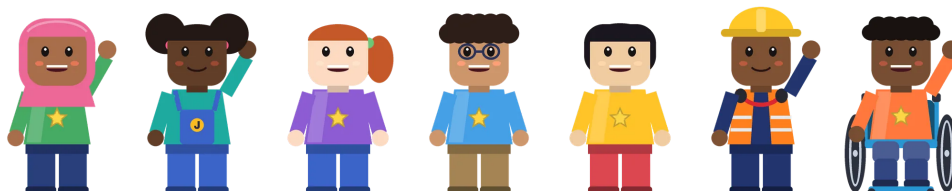
BYE-BYE!

How does the digestive system feel now? Color one.

☐ I need more practice ☐ I am getting there ☐ I can teach it!

Date _____

Signed _____



Answer Key

1. Dive Map

1 mouth, 2 esophagus, 3 stomach, 4 small intestine, 5 large intestine, 6 rectum, 7 anus

A liver, B gallbladder, C pancreas

2. Which Stop?

Mouth: teeth, saliva, tongue

Stomach: churning muscles, gastric juices, mucus raincoat

Small intestine: villi; digestion finishes and most nutrients are absorbed

Large intestine: water and minerals; leftovers turn into stool

3. Organ Jobs

Jobs from top to bottom: mouth, esophagus, stomach, small intestine, large intestine, rectum, anus

6. Think Like a Captain

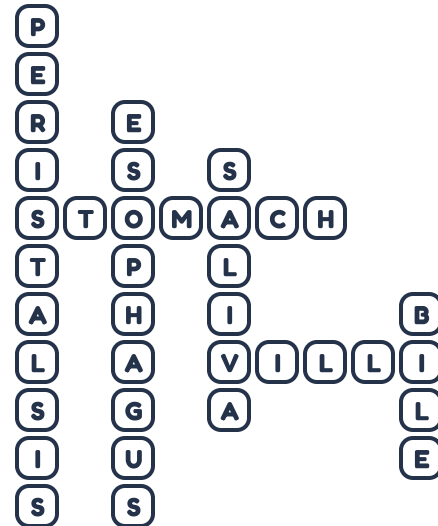
1. No. Her digestive system keeps working for hours.
2. No. It is skinny, not short. It is about 22 feet long!
3. Yes. Liver MAKES, gallbladder SAVES, pancreas BREAKS.
4. No. The small intestine comes next. Sub, Swims, Long!
5. Yes. A slimy mucus raincoat protects the stomach walls.

Step 3 (how sure?) has no right answer. A child who is right but "not sure" needs one more practice round. A child who is wrong but "very sure" has a mix-up worth talking about.

Test tip: ask your child to say the 7 stops in order (My Easy Sub Swims Long Rivers Away), give one job for each, and spell esophagus, saliva, villi and peristalsis.

4. Crossword

1 peristalsis, 2 esophagus, 3 saliva, 4 stomach, 5 bile, 6 villi



5. Word Hunt

epiglottis, pancreas, enzymes, mucus, rectum

