

Types of Digestion

Goal of Digestion = breakdown food into nutrients that can enter the bloodstream to circulate the body

1. Mechanical Digestion: food is broken down by action or movement

- Teeth
 - Tongue
 - Stomach muscles = muscular contractions
- squeeze the food to help break it down

2. Chemical Digestion: food broken down by chemical substances

- Saliva = moistens food, breaks down starches
- Stomach Acid
- Bile = Produced by the liver, breaks down fats
- Digestive Enzymes