

## **YOUR DIGESTIVE AND EXCRETORY SYSTEMS**

WORDS TO KNOW!

**DIGESTIVE SYSTEM** - BREAKS DOWN FOOD INTO BODY'S FUEL

**EXCRETORY SYSTEM** - GETS RID OF BODY'S WASTE

**KIDNEYS** - ARE FILTERING BLOOD

YOUR DIGESTIVE SYSTEM IS THE ENGINE THAT CHANGES FOOD INTO FUEL THAT YOUR BODY CAN USE.

AFTER FUEL IS BURNED, IT LEAVES WASTE.

EXCRETORY SYSTEM ALSO CONTROLS AMOUNT OF WATER IN THE BODY.

### **REMOVING WASTE:**

- SOLID WASTE GOES INTO COLON FROM FOOD THAT CAN'T BE DIGESTED;
- LIQUID WASTE COMES FROM KIDNEYS AND STORED IN THE BLADDER;

### **HEALTHY DIGESTIVE AND EXCRETORY SYSTEMS**

- EAT BALANCED DIET
- EAT REGULAR MEALS AT REGULAR TIMES
- CHEW FOOD SLOWLY
- DRINK PLENTY OF WATER