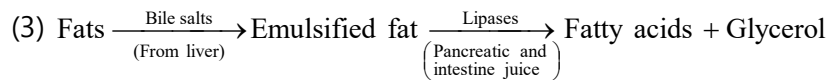
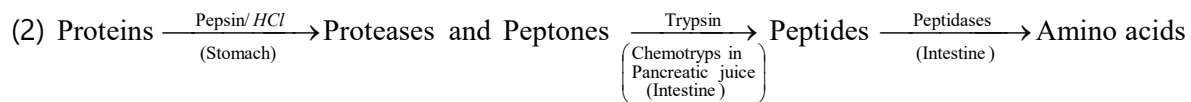
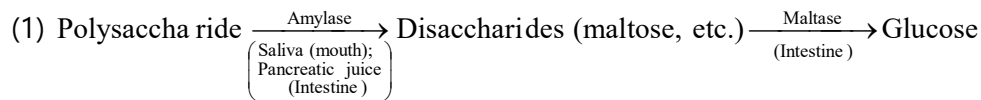


## Digestion of food.

Digestion is the process by which complex constituents of food are broken down into simple molecules by a number of enzymes in mouth, stomach and small intestine. The simple molecules thus formed are absorbed into blood stream and reach various organs.

Raw food may be taken as such or after cooking. It is chewed in the mouth and swallowed when it passes through a long passage in the body called alimentary canal. During this passage it gets mixed with various enzymes in different parts of the alimentary canal. The carbohydrates, proteins and fats are converted into simpler forms which are then carried by blood to different parts of the body for utilisation. Digestion of food can be summarised in the following form



After digestion, there are present glucose, amino acids, fatty acids along with vitamins and mineral salts. Undigested food and secretions are pushed forward into the rectum from where these are excreted.