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Digestion begins in the mouth. As Amanda puts a spoon of fried rice in her mouth, her teeth chop the food, saliva moistens it and swallowing occurs through movement of muscles in the tongue and mouth. This also happens for the fried chicken and salad.

Right from the mouth, a digestive enzyme called amylase found in the saliva starts breaking down the carbohydrate in the fried rice. After swallowing, the food is moved into the throat or pharynx, then into the esophagus. Waves of muscle contractions called peristalsis force food down to the stomach.

In the stomach, the protein from Amanda's fried chicken and even from the fried rice is broken down by an enzyme called pepsin. The stomach muscles churn and mix the food with digestive juices which turn the food into a thick liquid called chyme.

The chyme is squirted into the small intestine where digestion continues. In the small intestine, fat from the food (the fried chicken & also the fried rice) is broken down by an enzyme called lipase. There is also a continuous breaking down of carbohydrates by amylase, and continuous breaking down of protein by trypsin.

The vitamins from the salad are also broken

down in the small intestine, and are absorbed in the bloodstream. The minerals found in the water Amanda drinks & also in the food goes through the same process as the vitamins.

The body absorbs all the nutrients into the blood stream from the small intestine. Undigested food & some water travel to the large intestine through a muscular ring that prevents the food from returning to the small intestine. The large intestine then removes water from the undigested matter and forms solid waste (faeces) to be excreted from the anus.