



From Mouth to Cells: Digestion and Nutrient Absorption

OBJECTIVE

Understand how food is **digested** and how **nutrients are absorbed** by the body, recognizing the importance of **good dietary practices** for efficient and healthy digestion.

YOUR MISSION

Choose **a meal** you've recently eaten and follow its journey through the body, from the mouth to nutrient absorption.

Step 1 – Choose the meal

- **Chosen meal:** _____

(e.g. soup + wholemeal bread + fruit)

Step 2 – The digestion path

Complete the table:

Part of the digestive system	What happens here?
Mouth	
Stomach	
Small intestine	
Large intestine	



Step 3 — Nutrient Absorption

Answers:

- Where does **most of the nutrient absorption** occur?

- What nutrients from this meal are absorbed?
(e.g. carbohydrates, proteins, fats, vitamins, minerals)

Step 4 — What Helps Digestion

It points out practices that **facilitate digestion and absorption**:

- ☐ Chew well
- ☐ Eat slowly
- ☐ Drink water throughout the day
- ☐ Include fibre (fruit, vegetables, whole grains)
- ☐ Eating in a calm environment

FINAL REFLECTION

Answer individually:

1. What habit of yours can **improve digestion**?

2. What happens when digestion is not done well?

FOODWISELAB TIP

Good digestion starts in the **mouth** and depends not only on what you eat, but also on **how you eat** it — with time, attention and balance.