

The digestive system changes food to a form the body can use as fuel. The digestive system is a pathway through the body with stops along the way, like a bus route. Food enters, breaks down, and then the wastes exit along this route.



## Glug, Glug, Glug

Water helps your body break down food during digestion. After sports, drink water to feel refreshed.

*Active bodies need food for fuel.*

