

Digestion Activity

1. How many hours have passed since you last ate?
2. List 3 areas where you feel your salivary glands.
3. Describe how your stomach is behaving.
4. What stimuli are making your salivary glands secrete saliva?
5. How many times do you chew before swallowing?
6. Describe how the food moves in your mouth as you take a bite and chew.
7. Try to chew without using your tongue. Describe your experience.
8. Try swallowing while sticking your tongue out. Describe your experience.
9. Describe the roles of the tongue, cheek, and roof of the mouth during swallowing.
10. List the steps of swallowing (in as much detail as possible).
11. Speculate the route that the food will now travel.

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