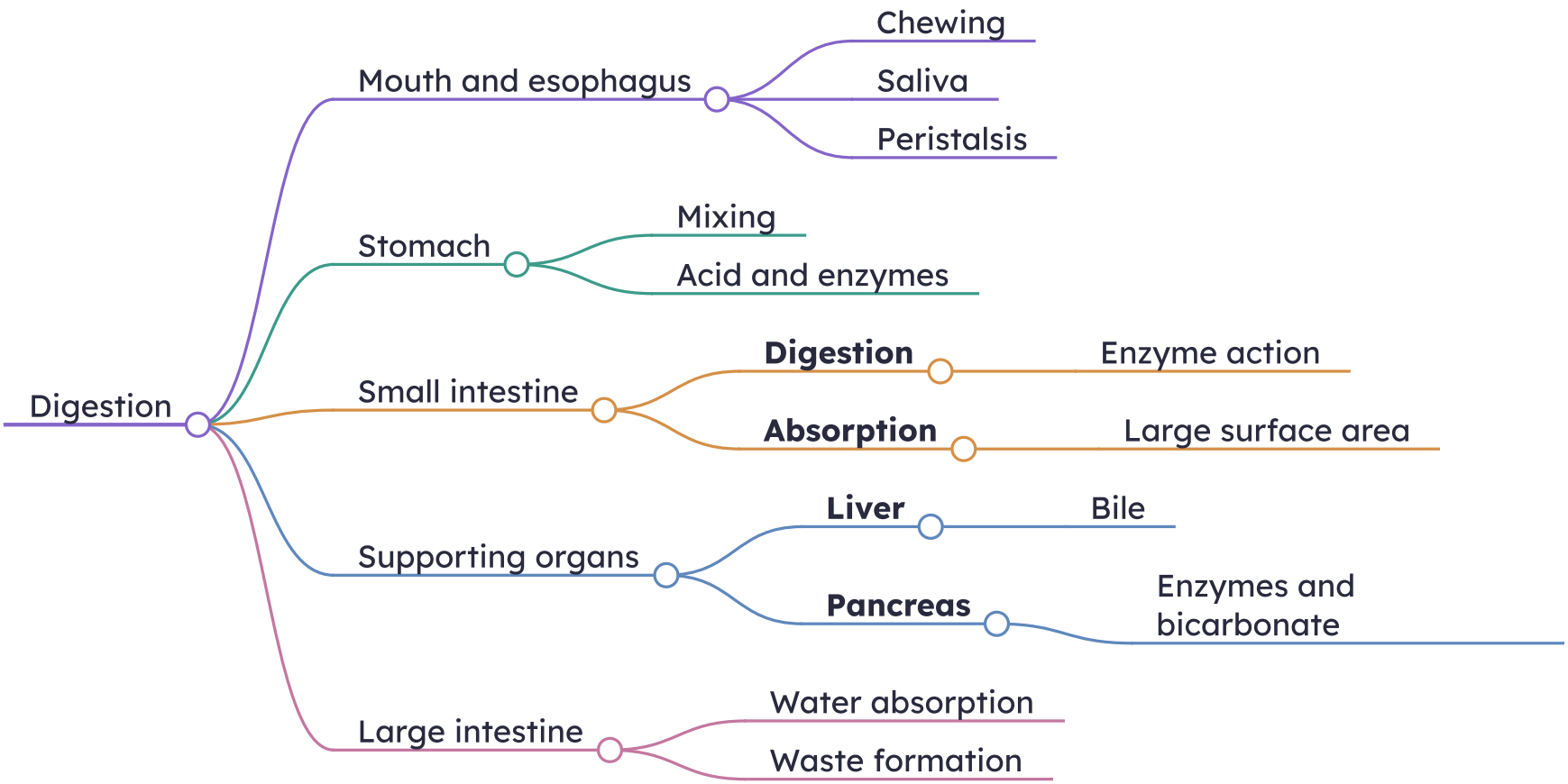
# Digestion

Follow food through breakdown and absorption while distinguishing supporting organs.




Read one branch at a time. Then cover the details and explain them in your own words.

## Understand the topic

Mechanical digestion breaks up and mixes food; chemical digestion uses enzymes to break down molecules. Most nutrient absorption occurs in the small intestine. The liver produces bile, and the pancreas supplies digestive enzymes. The large intestine absorbs remaining water and electrolytes before waste is eliminated.

### How the map is organized

Follow the digestive tract, with supporting organs on a separate branch. Pair each organ with an action.

> **Watch out for this**
> Bile helps emulsify fat but is not an enzyme. Absorption is different from digestion.

## Try it yourself

Choose a meal containing starch, protein, and fat. Trace one nutrient through breakdown and absorption without confusing those processes.

### Two questions to answer

**Where are most nutrients absorbed?**

The small intestine has a large surface adapted for absorption.

**What does bile help with?**

Emulsification creates smaller fat droplets, helping digestive enzymes act.

### Sources

openstax.org
https://openstax.org/books/biology-2e/pages/34-1-digestive-systems

Original practice material compiled by Studera.ai. Explore at studera.ai/en/resources/mind-map-examples.