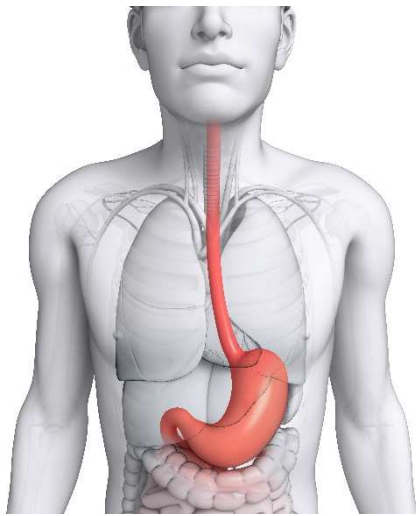


Name: \_\_\_\_\_



# 10 Minutes with Science

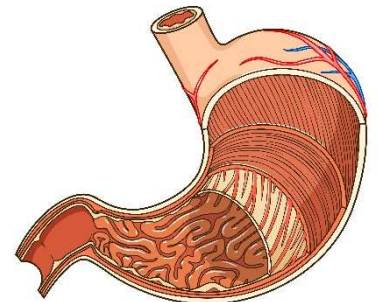
## The Stomach



The stomach is a bag-shaped muscular organ, which is located between the esophagus and small intestine, and is part of the digestive system. Its outer surface is smooth, and the inner surface has folds to help in the digestion of food.

Our stomach's main function is to store, process, and mix all the food and nutrients that we eat with acids and enzymes that will help us digest them, until it's converted to a material that can be sent to the small intestine in a controlled and regulated way; so the digestive process can be finished.

At rest, that is, when it is empty, the stomach looks like a bag shaped like a "J"; but when it receives food, its diameter widens to approximately 8 to 11 centimeters and begins the 'peristalsis', which is the contraction and relaxation of the stomach muscles in order to use the acids and enzymes to break down the food until it becomes 'chyme', a semi-liquid mass that facilitates digestion, and moves in the direction of the small intestine.



Have you ever felt butterflies or tickles in your stomach? Our stomach has so many nerve endings, it is said to be like a second brain; because it has about a hundred million neurons, or nerve cells. So, just before a situation that causes a certain nervousness mixed with emotion and enthusiasm happens, we could feel 'butterflies' in the stomach.

However, prolonged stress can cause us to feel nausea or heartburn, and in extreme cases it can cause a gastric ulcer.



Try to make sure nothing's going to cause you stress!

Name: \_\_\_\_\_

## ANSWER THE QUESTIONS

1. What is the stomach?

- a. A muscular organ in the shape of a bag
- b. One of the small intestines
- c. A hard organ that crushes food
- d. All of the above

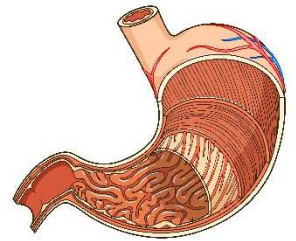


2. What is the function of the stomach?

- a. Storing food
- b. Mixing food with acids and enzymes
- c. Processing food into 'chyme'
- d. All of the above

3. What is 'peristalsis'?

- a. It's the secretion of saliva for digestion
- b. It's the process of swallowing food
- c. It's the contraction and relaxation of the stomach muscles
- d. It's when we feel butterflies in our stomachs.



4. The esophagus looks like a J-shaped tube; but when food is received, it widens from 8 to 11 centimeters.

- a. True
- b. False

5. Why do we feel butterflies in our stomachs?

- a. Because the stomach is part of the digestive system
- b. Because the stomach has about a hundred million neurons, or nerve cells.
- c. Because the stomach digests food
- d. None of the above

