



Creates the "Food Journey Map"

OBJECTIVE

Understanding the path that food takes in your body and understanding how each stage of digestion contributes to your health and well-being.

WHAT YOU NEED TO DO

Choose a food (e.g. an apple, a pasta dish, a sandwich or a soup).

Draw the path that this food takes in your body **from your mouth to your anus**.

At each "stop" of the journey, you must indicate:

1. **The name of the structure**
(e.g., mouth, esophagus, stomach, small intestine, large intestine)
2. **What happens at this stage of digestion**
(e.g., "in the stomach, food is mixed with acid and enzymes")
3. **A piece of advice to maintain healthy digestion**
(e.g., drink water, chew well, consume fibre, have regular schedules, avoid eating quickly)

YOU CAN USE THIS TABLE AS A GUIDE

Stage of the trip	Structure Name	What happens here	Advice for healthy digestion
1			
2			
3			
4			
5			

(Add more lines if you need to.)



TIPS

- You can use colours, icons or small drawings to make the map clearer.
- Remember: a good digestion starts **before you swallow**, with conscious food choices.

FINAL REFLECTION

After finishing the map, answer briefly:

What can you change in your habits in order to help your digestive system work better?