Food has to be broken down before its energy and nutrients can be absorbed and used by the body.

The digestive process starts in the mouth, where food is chewed and enzymes in the saliva start to break down the starches in food. pancreatic juices continue the digestion of food. Enzymes break down protein, fat and starch. Insulin is produced and controls carbohydrate metabolism. 

food is squeezed down to the stomach by the muscle walls. 

food is churned, stored and released gradually in to the small intestine. Gastric juices start the digestion of protein.

one function is to produce bile, which emulsifies fat to prepare it for absorption.

contains helpful bacteria which ferment any undigested food, e.g. dietary fibre. Most water is absorbed here.

stores bile.

is about 6m long and is lined with tiny finger-like projections called villi. Most nutrients are absorbed here.

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