Where is the small intestine?
The small intestine is found in the lower part of your belly.
It’s connected to the stomach, which sits right on top. The small intestine is also connected to the large intestine which wraps itself around the small intestine. All of these organs are a part of the digestive system.

What does the small intestine do?
After food is broken down in the stomach it then moves into the small intestine. Over here, the food is broken down even more by enzymes. Enzymes break down food to release nutrients. The nutrients then move through the small intestine wall, into the bloodstream. Now your blood is full of nutrients which can be delivered to different parts of your body!

What happens to the leftover food in the small intestine?
Any food that your small intestine can’t break down any further or doesn’t need is now just waste. All of this waste (called faeces) moves into the large intestine, and we get rid of it when we go to the toilet!
The Structure of the Small Intestine

The small intestine is a long tube which is about 5 metres long! So, how does it fit in our body? It folds and coils itself, making it compact and small enough to fit inside the body.

You can print out this worksheet, or trace the image to colour in the small intestine!

Let us know how your challenge goes on social media @CentreoftheCell!
Small Intestine Maze

Can you find your way through this small intestine? You can only move through the white lines!

START

END

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