



# Sort food into chew → swallow → digest chart



**Directions:** Write each food item into the correct part of the digestion chart: Chew, Swallow, or Digest. Think about what happens to food in your mouth, throat, and stomach!



## Food Items to Sort

- Apple slice
- Bread
- Cheese cube
- Crushed apple
- Smoothie
- Swallowed bread
- Digested nutrients
- Chewed meat
- Mashed banana
- Swallowed cheese
- Stomach soup
- Juice



## SORTING CHART

CHEW	SWALLOW	DIGEST