

Contenido mínimo
Digestive system

- The **digestion** is the process that converts food into nutrients. (*convierte comida en nutrientes*)

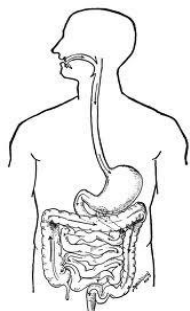
Nutrients: carbohydrates, proteins, vitamins, minerals and fats (*grasas*).

Organs in the digestive system: mouth, salivary glands (*glándulas salivares*), oesophagus, stomach, liver (*hígado*), pancreas, small intestine (*delgado*), large intestine (*grueso*), rectum and anus.

- The **digestive process:**

- The digestion begins in the **mouth**. We chew (*masticar*) the food with the teeth. An adult person has 32 teeth, a child only 20.

The food is mixed with the saliva to form the **bolus** (*bolo alimenticio*). We swallow (*tragar*) the bolus and it goes to the **oesophagus**, a tube connected to the stomach. In the **stomach** the bolus is mixed with the gastric juices (*jugos gástricos*) and turns into a thick liquid. It enters the **small intestine** and it is mixed with the bile (*bilis*) and pancreatic juices to get the nutrients. These nutrients pass into the blood: **Absorption**. The rest of the food goes to the **large intestine**, where water is absorbed. Then it goes to the **rectum** and, finally, goes out through the **anus**.


Circulatory system

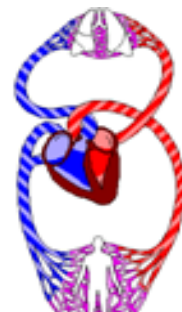
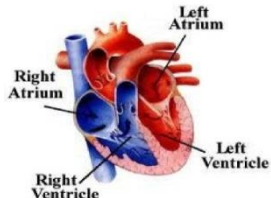
- The **circulation:** in this process, the **blood** delivers (*la sangre reparte*) oxygen and nutrients to all the body's cells. There are 3 types of **blood vessels** (*vasos sanguíneos*):

- **Arteries:** They transport blood from the heart to the rest of the body.
- **Veins:** They transport blood from the rest of the body back to the heart.
- **Capillaries** (*vasos capilares*): Very small vessels that give oxygen and nutrients to the cells.

Blood has different **components**: **Plasma**, a yellowish liquid, **red blood cells** (*glóbulos rojos*) that transport the oxygen, **white blood cells** (*glóbulos blancos*) that destroy germs and blood **platelets** (*plaquetas*) that make blood coagulate.

Heart: muscular organ that pumps (*bombea*) the blood around the body.

Blood circulation: The blood with the carbon dioxide enters the heart through the **vena cava** to the **right atrium** (*aurícula*) and goes to the **right ventricle** (*ventrículo*). Then it's pumped to the **lungs** through the **pulmonary arteries**, there it leaves the carbon dioxide and takes the oxygen. It goes back to the heart through the **left atrium** and passes to the **left ventricle**. It goes to the rest of the body through the **aorta**, the biggest artery.


Respiratory system

The main organs are the **lungs** (*pulmones*), protected by the ribs.

- How we breathe:** The air enters through the **nose/mouth** and goes to the **pharynx** (*faringe*).

Then it goes to a tube called **trachea**, at the end it divides into 2 tubes called **bronchi** (*bronquios*), connected to the lungs. The bronchi divide into smaller tubes called **bronchioles** (*bronquiolos*), and at the end we have the **alveoli** (*alveolos*), where the oxygen enters the blood and then it takes the carbon dioxide out of the body.


Excretory system

Excretion is to eliminate liquids we don't need in our body, mainly through the **urinary system**. Our **kidneys** (*riñones*) filter the blood to eliminate harmful substances (*sustancias tóxicas*), so the **urine** (*orina*) is formed. It goes along the **ureters** (*uréteres*) to the **bladder** (*vejiga*), where it is stored. Finally, it leaves the body through the **urethra**.

We eliminate water, salt and other minerals through the skin when we **sweat** (*sudar*).

