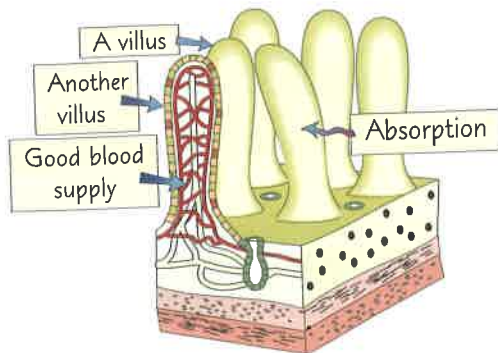


More on Digestion

More on digestion — don't worry, it's the last page on it, I promise. (Apart from the questions anyway...)

The Small Intestine is Covered with Millions of Villi

- 1) Food molecules are absorbed into the blood in the small intestine.
- 2) The small intestine is lined with tiny finger-like projections called VILLI.



Villi is the plural of villus — i.e. it's one villus but two (or more) villi.

- 3) Villi are perfect for absorbing food because:

- They have a thin outer layer of cells.
- They have a good blood supply.
- They provide a large surface area for absorption.

Bacteria are Really Important in the Gut

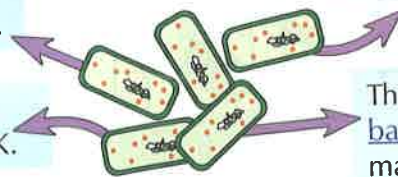
- 1) Bacteria are unicellular organisms (see page 2).
- 2) There are about 100 trillion bacterial cells in the alimentary canal. That's loads.
- 3) Most of these are in the end part of the small intestine and in the large intestine.
- 4) Some types of bacteria can make you really ill if they get into your body, but the bacteria found naturally in your gut actually do a lot of good:

They produce enzymes that help to digest food.

They make useful vitamins, e.g. vitamin K.

They produce useful hormones.

They reduce the possibility of harmful bacteria growing in your intestines and making you ill.



Who knew having bacteria inside you was such a good thing?

Villi are brilliant absorbers of food. Make sure you know the three things that make villi so awesome at doing this — their large surface area, their blood supply and their thin outer layer of cells.