

Digestion Process (Digestion in Mouth)



The digestive process starts in our mouth when we chew. Our salivary glands make saliva and this saliva moistens our food so it moves more easily through your esophagus into your stomach.

Saliva also has an enzyme that begins to break down our food. This softens the food so that it can be easily swallowed. Saliva has digestive juices that start the digestion of starch in the mouth itself.

Tongue helps to mix the food with the saliva and to push the food into the food pipe. The digestive process starts in our mouth when we chew.

Digestion Starts Here !



Salivary Glands

