

# HUMAN DIGESTIVE SYSTEM

The human digestive system is an intricate network of organs and processes designed to break down food, extract nutrients, and eliminate waste. From the moment food enters the mouth to its final excretion as waste, each step in the digestive process plays a crucial role in sustaining life and maintaining health.

**1. Mouth:** Digestion begins in the mouth, where food is mechanically broken down by chewing and mixed with saliva. Saliva contains enzymes like amylase, which starts the chemical breakdown of carbohydrates.

## Mouth (Oral Cavity)

