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3 1 overview to survive your body must have a system for transforming food and drink into nutrients that it can absorb and use digestion begins when you see smell feel or taste foods the hormonal and nervous systems signal the gastrointestinal tract that food is on the way muscles flex and digestive secretions flow

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working together nerves hormones bacteria blood and the organs of your digestive system digest the foods and liquids you eat or drink each day why is digestion important digestion is important because your body needs nutrients from food