5: Fueling the Body

- **Chapter 10: The Digestive System**

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  10.3: The Chemical Principle of Digestion
  10.4: Digestive Enzymes
  10.5: The Mouth—The First Chamber of Digestion
  10.6: The Esophagus—Just a Swallow Away
  10.7: The Churning, Acid Stomach
  10.8: Small Intestine—Where the Action Is
  10.9: The Colon
  10.10: Leaving the Digestive Tract
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  10.12: Letting the Digestive System Do Its Job
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- **Chapter 11: Metabolism and the Vitamin Key**

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11.4: Energy Balance of Life
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- **Chapter 12: Water—The Body’s Inner Sea**
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