

Name:

Date:

The Liver: Your Body's Busy Helper

Imagine having a busy helper inside your body that cleans, stores, and processes important materials all day long. That helper is your liver! The liver is a large organ located on the right side of your body, just below your ribs. It performs hundreds of jobs that help keep your body working properly.

One important job of the liver is to process nutrients from the food you eat. After your digestive system breaks down food, nutrients travel through the blood to the liver. The liver processes these nutrients so your body can use them for energy, growth, and repair.

The liver also helps clean the blood. It removes or changes substances that the body does not need. This helps prevent harmful materials from building up in the bloodstream.

Another important job is making bile. Bile is a yellow-green liquid that helps your body digest fats. The liver makes bile, and the gallbladder stores it until it is needed in the small intestine.

The liver can also store energy. It stores a form of sugar called glycogen. When your body needs extra energy, the liver can help release stored sugar into the blood.



Keeping your liver healthy is important. Eating nutritious foods, drinking water, exercising regularly, and avoiding harmful substances can help protect it. Your liver works quietly every day, but its many jobs make it one of the hardest-working organs in your body!

Take a Breath! How Your Lungs Work

Comprehension Questions

1. Where is the liver located?

2. What does the liver do with nutrients from food?

3. How does the liver help clean the blood?

4. What is bile?

5. How does bile help the body?

6. Which organ stores bile?

7. What is glycogen?

8. Why does the liver store glycogen?

9. Name three ways you can help keep your liver healthy.

10. Why could the liver be described as one of the body's hardest-working organs?

ANSWER KEY

Comprehension Questions

1. Where is the liver located?

The liver is located on the right side of the body, just below the ribs.

2. What does the liver do with nutrients from food?

The liver processes nutrients so the body can use them for energy, growth, and repair.

3. How does the liver help clean the blood?

It removes or changes substances that the body does not need.

4. What is bile?

Bile is a yellow-green liquid made by the liver.

5. How does bile help the body?

Bile helps the body digest fats.

6. Which organ stores bile?

The gallbladder stores bile.

7. What is glycogen?

Glycogen is a form of sugar stored by the liver.

8. Why does the liver store glycogen?

The liver stores glycogen so it can help provide energy when the body needs it.

9. Name three ways you can help keep your liver healthy.

Possible answers include eating nutritious foods, drinking water, exercising regularly, and avoiding harmful substances.

10. Why could the liver be described as one of the body's hardest-working organs?

The liver performs many important jobs, including processing nutrients, cleaning the blood, making bile, and storing energy.