

# Anaerobic Digestion and the human body

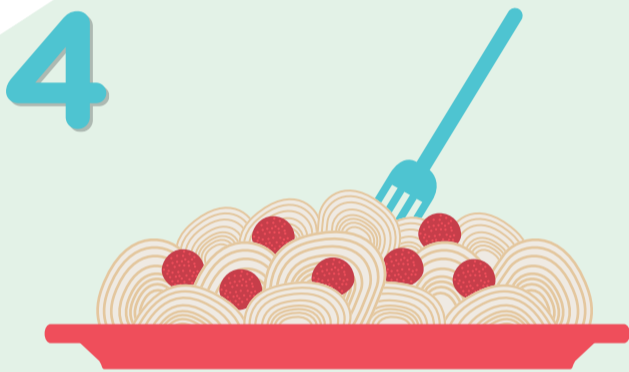
You might not realise it but every day we all turn food into gases, waste and liquid - just like the Anaerobic Digestion process. Here's how:



Food is stored in the supermarket.



We collect the food that we want to eat.



We mix together different food types to make a meal.



We heat the food to cook and pasteurise it.



When we eat the food our stomach breaks it down and digests it.



Over time we release this digested food waste through gas and by going to the toilet.