



LET'S DO CAMPAIGN

How to Keep Healthy to Our Body System

You are going to inform everyone in this city to take care of their health through exploring their body system. Using your powerful words, you will explain it to the citizen how important it is.



Human Digestive system

Human digest through the system called digestive system. The digestive system includes esophagus, stomach, small intestine, large intestine, and anus.

First, the food goes to your mouth. Second, you chew the food. Third, the food goes to the esophagus. Fourth, the food goes to the stomach with a powerful acid. Fifth, it goes to the small intestine and the nutrients is absorbed. Sixth, the rest of the food becomes harden and comes out of anus.

Eating unhealthy food such as soda(soft drink), chocolate, fried food, grease, etc. Too much unhealthy food make us have stomach ache. It is because it's so hard to digest. To maintain our digestive system, you must eat healthy food such as yogurt, fruit, vegetable, and water.

