



# 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

Digestive system is for processing food. There are stomach, large intestine, small intestine, and anus.

First, human eat food. Second, the food goes to esophagus. Third, and then the food goes to the stomach. Fourth, then the food goes to the small intestine. After that the food goes to the large intestine. And then the food goes to the anus.

We need to take care of our digestive system as it is one of the most crucial parts of our body. Some problems might occur if we don't take care of it including the lack of ability to absorb nutrients. This problem can lead into a weight loss that can make your body as thin as stick.

Some activities that you can do to maintain a good digestive system are eating healthy food such as fruits and vegetables, or enough meat. You also need to stay hydrated by drinking at least two liters of water in a day. Managing your sleep is also the way to take care of your digestive system. You also need to get moving by doing some physical workouts to get a good digestive system.