



# 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 a system that break down the food to smaller pieces so it can be absorb to our body.

First, it start in our mouth chewing the food using our teeth. Then we swallow the food using our tongue. The food travel to the esophagus then to the stomach. In the stomach, they produce acid to break down the food. Then the food travel to the small intestine. In the small intestine most of the digestive happen. The food that can be absorb goes to our body through the bloodstream and the one that cannot be absorb travel to the large intestine and became waste.

If we eat a lot of unhealthy food it will harm our digestive system. So eat healthy food and exercise are ways to keep your digestive system healthy.

