



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.



Always Eat Right

Digestive system changes food into fuel for your body. It makes sure your body gets the nutrients it needs from the food you eat.

Digestion system starts when you take your first bite. Your mouth creates saliva to help swallow the food. Your teeth chew up the food and then your tongue pushes the food into your throat. Food goes down your esophagus then enters your stomach. Muscles mix the food with gastric acid and enzymes. These break the food down and it moves to small intestine. The small intestine has tiny bulges. These tiny bulges take in nutrients. The nutrients enter your bloodstream. The blood carries them throughout your body. The remaining matter moves to the large intestine. Your large intestine stores lots of good bacteria. The bacteria can break down the food even more. This process creates gas. Microvilli in the large intestine help remove water from the matter. This creates solid waste. The large intestine has one final job. It sends solid waste out from your body through the rectum.

If you want your digestive system to work well, you must eat right. Not only veggies but all our bodies need. Our bodies need protein from meat and eggs to build muscle. Carbohydrates from rice, noodles or bread to give you power. Fruits and veggies to get the vitamins. Water helps break down the food you eat. Veggies and water are the most important for the digestive system because veggies have lots of fiber. Fiber and water help absorb nutrients from the food you eat. I also eat good bacteria to help my intestine work well; it's called probiotic. You can get it from yogurt and tempeh.