



# 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.



**PUT YOUR WRITING HERE!**

Title: Eating Healthy Food Support Our Stomach

Digestive system is the digestion of food, its function is to save the food, from chewing food through the mouth with the help of teeth then go to the stomach. The stomach also absorbs nutrients from digested food.

First, the food is bitten and chewed by the teeth in the mouth, the food becomes soft and then passed down to the esophagus until it reaches the stomach. The food will go to the liver, then to the stomach to be processed into refinement. Then the refined food will enter the small intestine and enter the large intestine. Finally, the foods will go to the rectum, then the leftovers can come out into the anus.

Stomach problems are ulcers in the stomach caused by eating spicy food. So when eating spicy food, don't overdo it, if your stomach is injured because of spicy food, don't eat these foods and treat them with natural ingredients such as honey, cabbage juice, licorice, and aloe vera.