



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.



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Title: Digestive System

Digestive system is for eating. If we don't have digestive system, we cannot grow bigger. In our digestive system, there are esophagus, stomach, little intestine, large intestine, and anus.

First, we eat food and chew the food and mix it with the saliva. Second, we swallow it and then the food go to esophagus. Third, after the food go to esophagus, it comes to stomach and stay approximately for 4 hours. Fourth, the stomach release the acid and pepsin enzymes. Fifth, the food go to the small intestine and it goes to the large intestine. Then the large intestine the water and nutrients from the food. And then the waste of our food goes through our anus.

You need to eat healthy food so that your digestive system can be safe. Something could go wrong in our digestive system if we don't eat healthy food. The example of healthy food is meat, fruit, and vegetables. Don't forget to eat healthy food.

