



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: Digestive Systems

This function is to digest the food since there are some organs in our stomach as, esophagus, flank, intestines, colon and anus.

First, humans chew the food using mouth

Then, the food goes through esophagus

After that, it goes to the stomach

Next, the food is processed inside intestines. They break and divide the food into small cut pieces then pass through colon and continue to anus

In order to maintain it, we need to eat more healthy food such as fruits and vegetables. Drink more water and do exercise. We also need to chew nicely our food and and reduce the consumption on processed food. Not to forget to mention healthy mind goes together with healthy body. So , manage your stress level and be happy always.