



# 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.

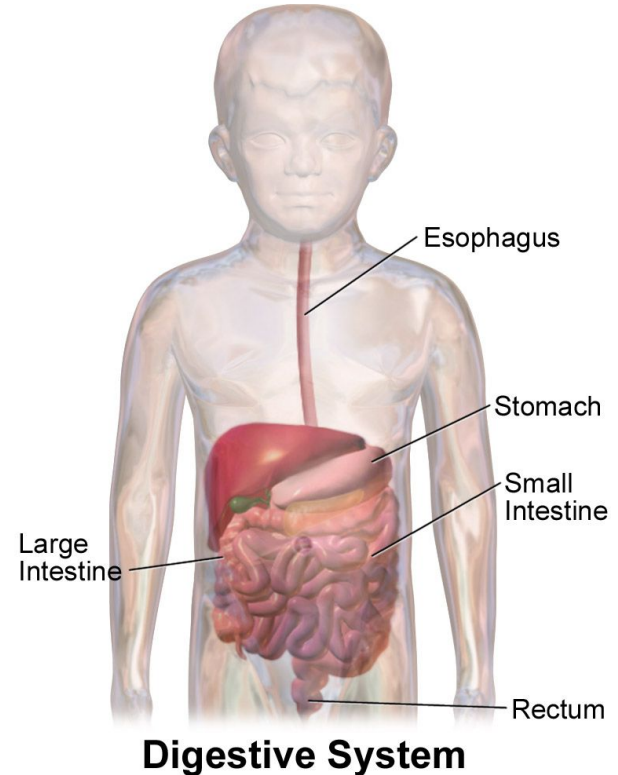


# The Adventure of Digestive System

Do you know? Everytime we eat, our food have an adventure through our body, that what we call Digestive System. It is a process in our body to turn our food into nutrient .

First process of Digest is in our mouth, we chew break the food and mixed with the saliva than swallow toward the back of your throat and get in to your stomach through our esophagus by muscular contraction called peristalsis. The stomach mixed up the food with acid and break the food down into smaller part so our small intestine easier to absorbed the nutrient into blood  
In large intestine the food which not absorbed yet will go to the end of our last organ of digestive system, is Anus.

We need to take care of our Digestive system, or you will get sick like for example a stomach ache. Keep your hand clean when you eat and you have to eat fibre too. You can have fibre from vegetable and fruit . Let's keep our stomach healthy.



## MY POEM

### The adventure of Digestive System

Healthy tummy healthy me  
I like to eat ayam goreng its gives me energy  
The energy makes me want to learn more, and play more  
Come Ayam Goreng get in my stomach

Healthy tummy healthy me  
I start to chew my Ayam goreng  
i swallowed it and mixed it up with my saliva

Come Ayam Goreng get in my stomach  
Into my esophagus here we go  
Eat healthy food make me energize

Little and large Intestine  
squeeze and absorbed more and more  
I eat fibre so you won't get bored

Go Ayam goreng, make me strong  
The good thing, my body absorbed it  
The bad thing, my body expelled it  
Through my anus organ :)

