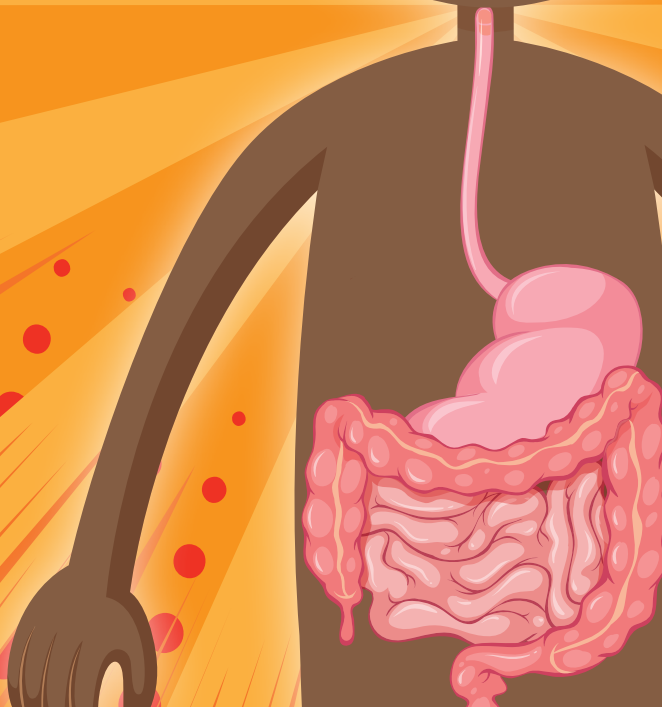


WHAT'S INSIDE ME?



My STOMACH



By Sloane Hughes

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THE INSIDE SCOOP

Your body is a super machine that keeps you moving, learning, and having fun. But how does it work? The secret is inside.

I'm a big deal
in your belly!



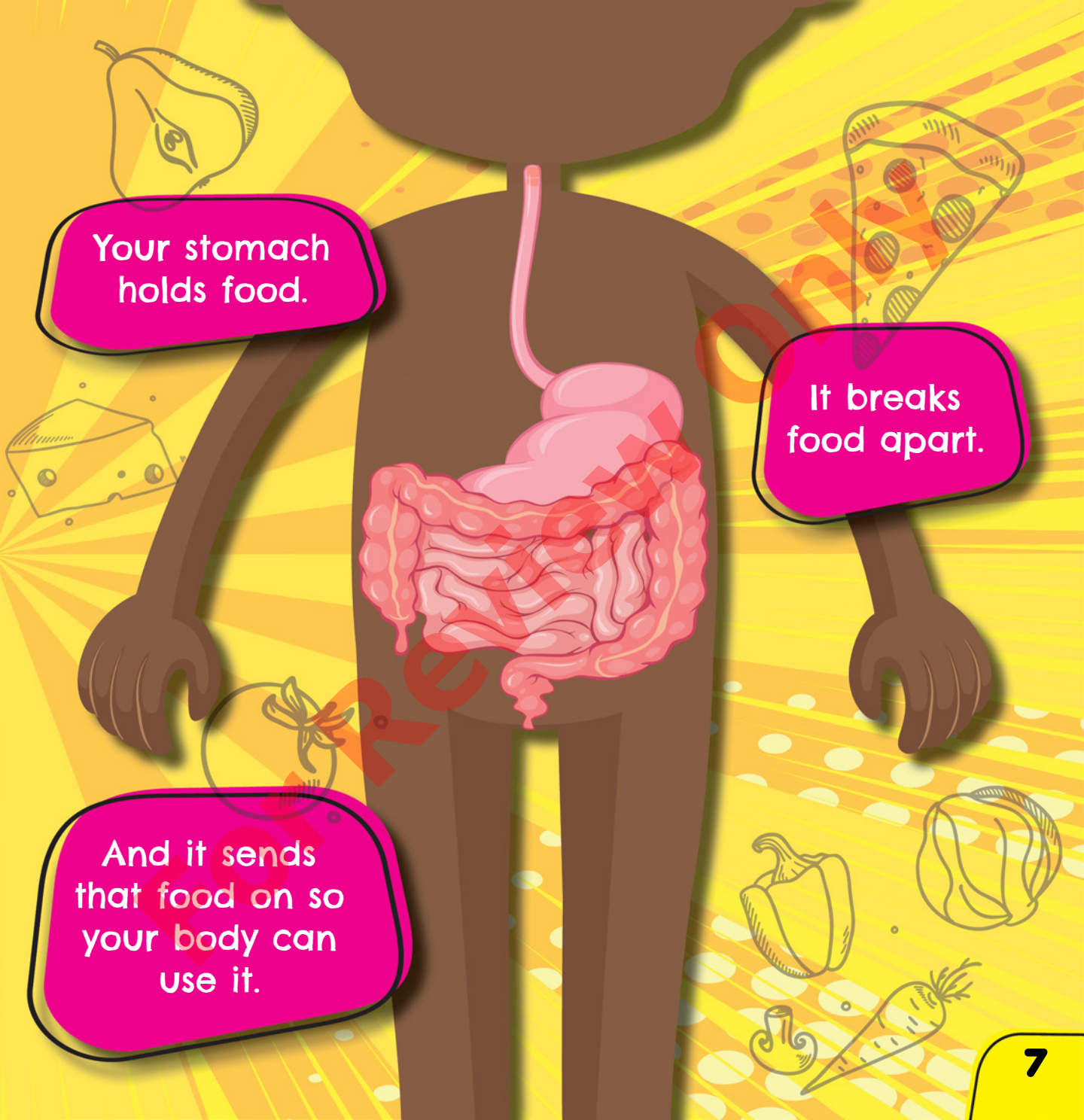
When you're hungry, your stomach might start to growl. That's your body telling you it's time to eat! Let's take a closer look.



STARTING THE STOMACH

Your stomach is part of the digestive system. It helps your body take care of the food you eat.

The stomach is J-shaped.



Your stomach
holds food.

It breaks
food apart.

And it sends
that food on so
your body can
use it.

THE MUNCHING MOUTH

The stomach gets a head start when it comes to breaking down food. That job begins in your mouth!





When you
chew, your
teeth mash
food into
smaller bits.

Saliva in
your mouth
breaks down
food, too!

Thanks for
getting
things going,
mouth!

Saliva also
helps the food
slip down your
throat and into
your stomach.