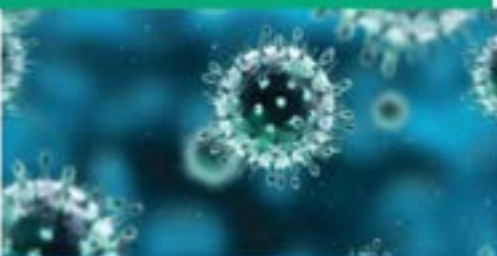




Tell Me Why

WHY?

I Throw Up



Katie Marsico



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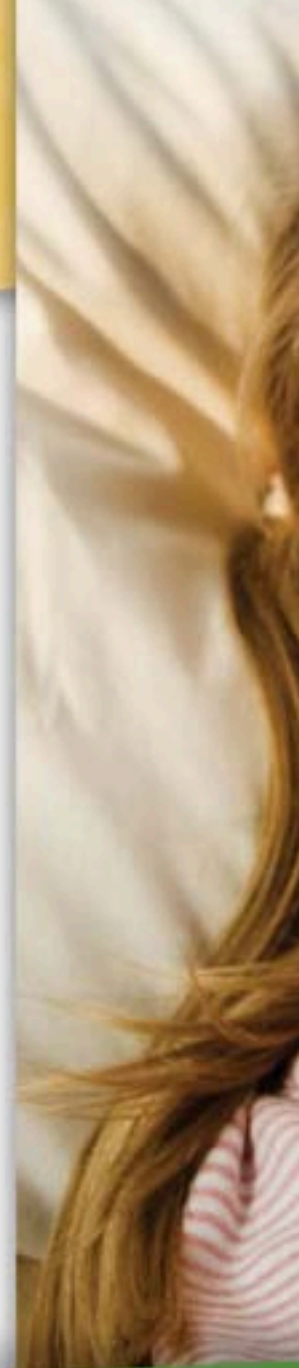
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Tummy Troubles

No school for Ming today! He is staying home, but he won't be doing anything fun. His belly is aching, and his throat is dry. After breakfast, he began throwing up.

Throwing up, or vomiting, is something the body doesn't have control over. When a person throws up, the contents of the stomach are forced up the **esophagus** and out the mouth.

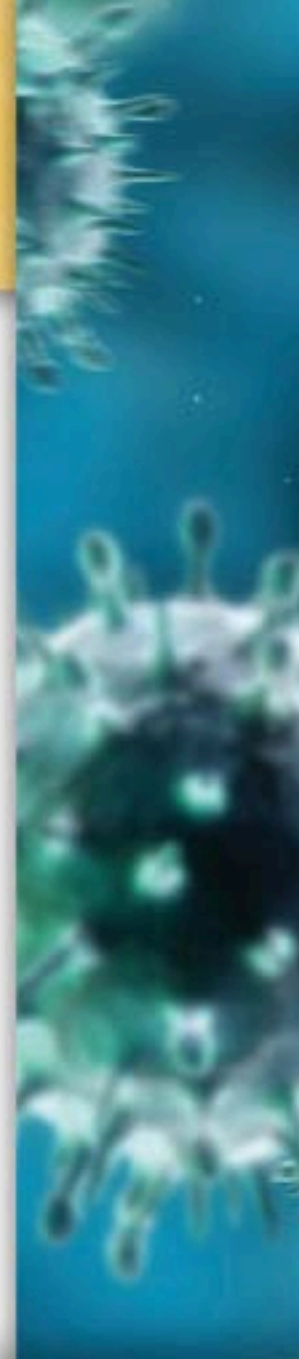


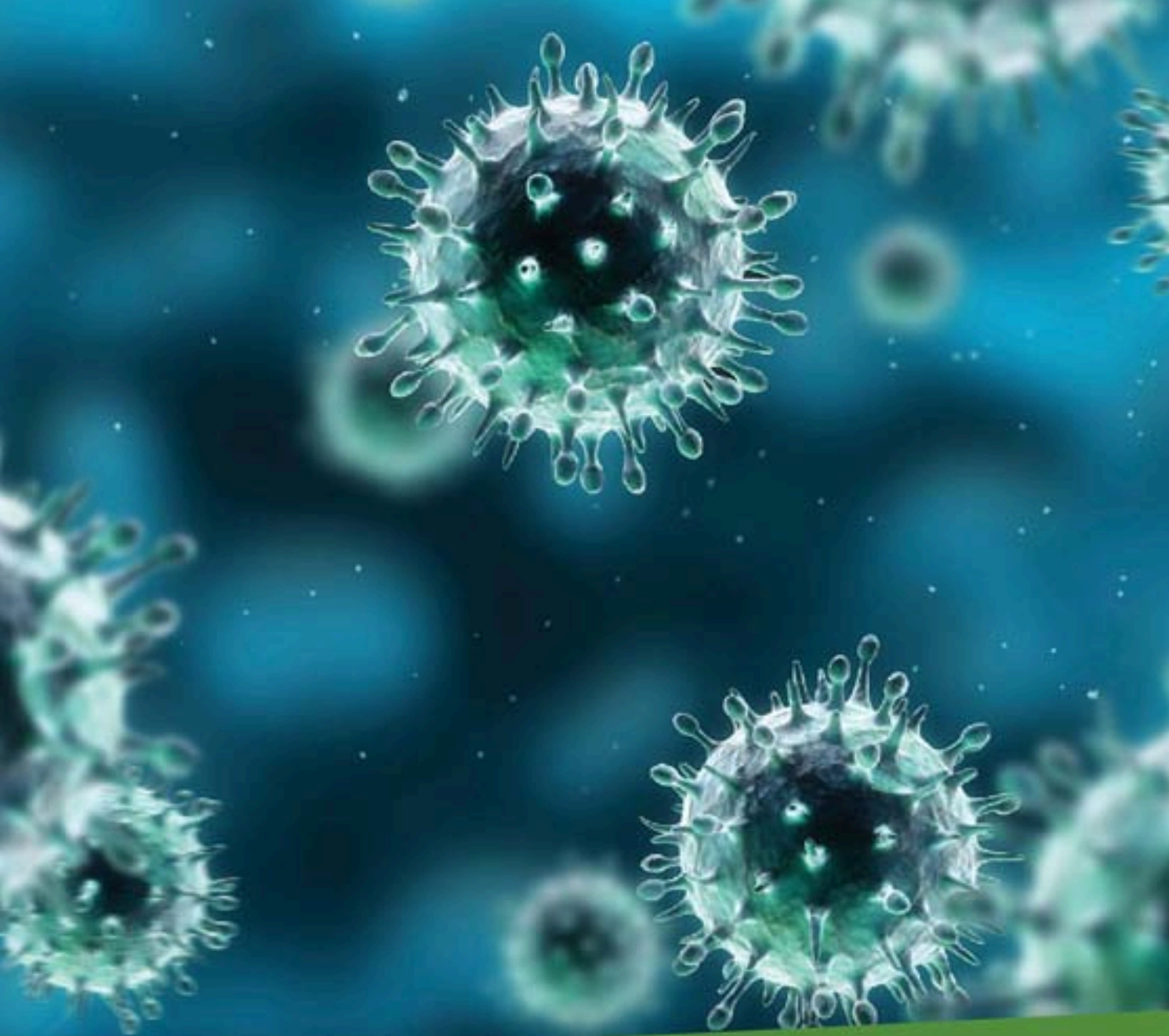


It's normal to feel sick if you throw up.

Vomit usually contains bits of food and stomach acid. It's also often made up of saliva, or spit. Sometimes **bile** and blood are found in vomit as well.

There are many reasons people throw up. **Germs** and **parasites** are often to blame. These are tiny living organisms. Sometimes germs and parasites cause infections, or illnesses. They trigger vomiting by **irritating** body parts involved in **digestion**.





This is what a flu virus looks like when viewed under a microscope.

Not a Normal Breakfast

Most days, Ming has a healthy breakfast. Yet this morning, he isn't even able to keep down dry toast! Every time he tries eating, he throws up.

Normally Ming's digestive system is busy breaking down food into **nutrients**. It also turns whatever food the body doesn't use into waste products.

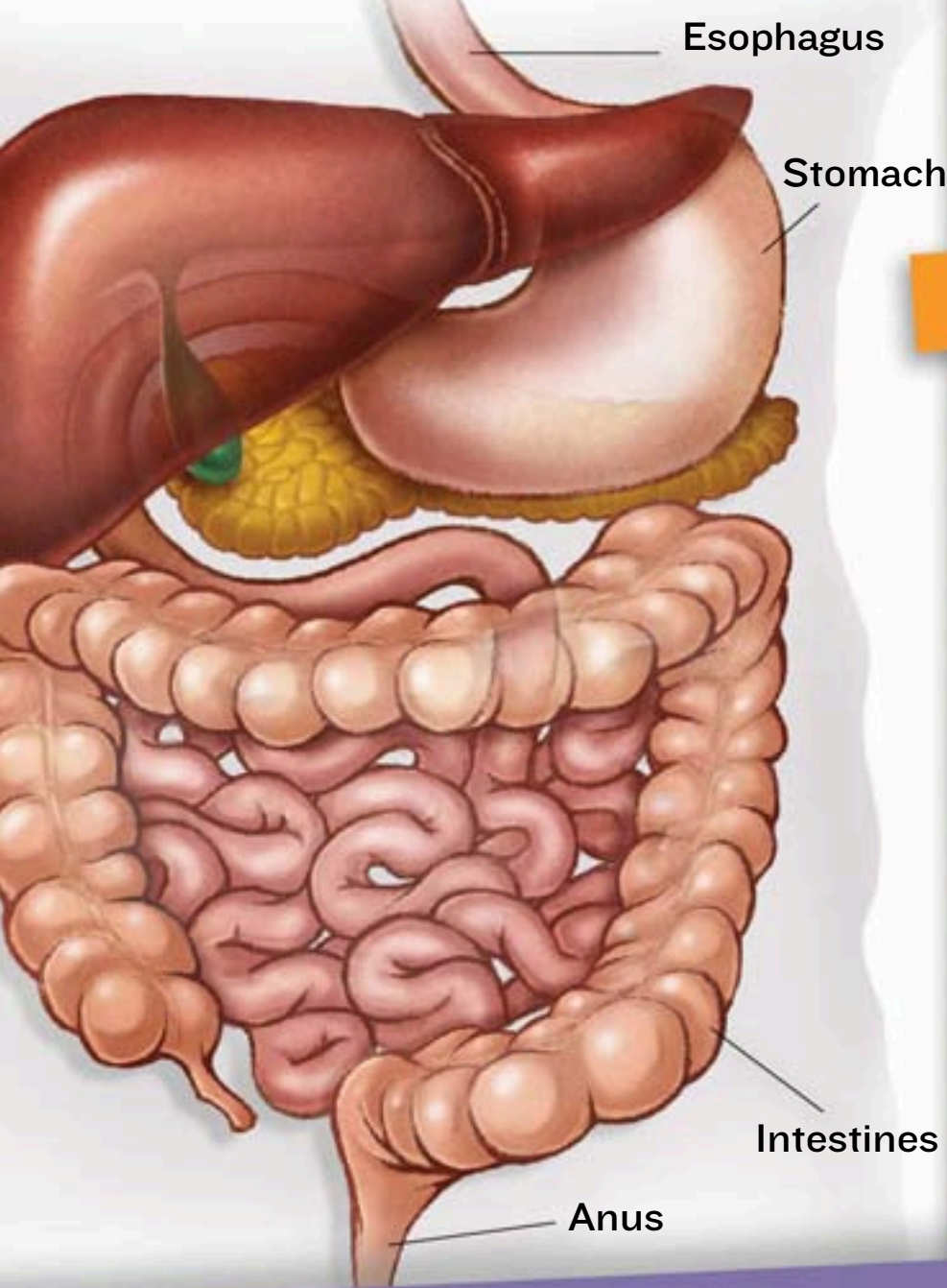




You may not be able to eat your usual breakfast if you've been throwing up.

Liver

The digestive system starts at the mouth and esophagus. People chew and swallow food. Then it passes into the stomach and through tube-shaped **organs** called intestines. Along the way, acids and other chemicals change food into nutrients and waste. The intestines absorb, or take in, nutrients. Meanwhile, the body releases solid waste through an opening called the anus.



LOOK!

What parts of the digestive system do you see in this picture? Can you trace the path that food normally follows?



Did you know this is what the inside of your body looks like?

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