



Tell Me Why

WHY?

I Get Hungry



Katie Marsico

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their most compelling questions about their rumbling tummy. Age-appropriate explanations and
appealing photos encourage readers to continue their quest for knowledge. Additional text features and
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Is Dinner Done Yet?

When's dinner going to be ready? That's what Andre keeps wondering. He is trying to do his homework at the kitchen table. But it's hard to focus on math. His stomach is achy and growling.

Andre ate a big lunch at school. So why is he getting hungry now? Andre decides to ask his dad—right after he finds out how much longer their pasta needs to cook!



We often feel hungry when we haven't eaten in a while.

Andre's dad says that hunger is the body's **reaction** to its need for food. He explains that this is different from appetite. Appetite makes people want to eat certain foods that look, smell, or taste good. Hunger is about the body *needing* food for **nutrients**. Living things rely on nutrients to grow and stay healthy.

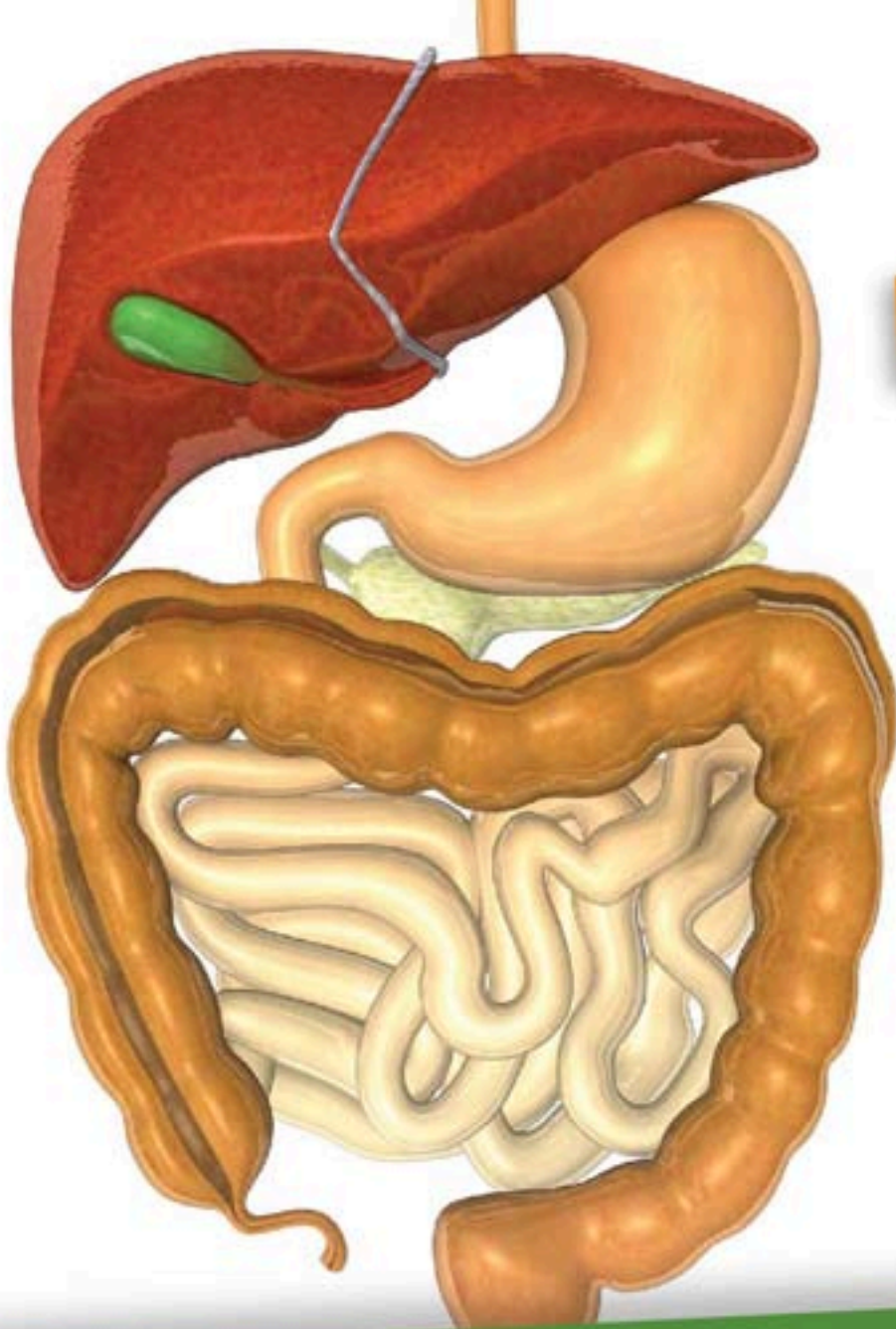




We eat dessert to satisfy our appetite for sweets.

A person's **digestive system** breaks down food into nutrients and waste. It is made up of **organs** such as the stomach and **intestines**. When people are hungry, they sometimes experience hunger pangs in these parts of their body.

A hunger pang is a feeling of mild discomfort. Tiredness, dizziness, and mood changes are other signs of hunger. So are groaning or grumbling noises that sound like they're coming from your stomach.



LOOK!

Look at this picture of the human digestive system. Do you see the stomach and intestines?



You may have felt hunger pangs in your digestive system.

Sending Signals

Beep! The oven timer signals that dinner is ready. Andre jokes that his stomach is definitely sending him a signal, too! But Dad says that hunger involves far more than his digestive system.

Hunger has its beginnings in the brain. Messages are sent to the brain from the body. These messages reveal how the body will use the food. They also contain information about how full the stomach and intestines are.



Your brain and stomach let you know when it's time to eat.

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