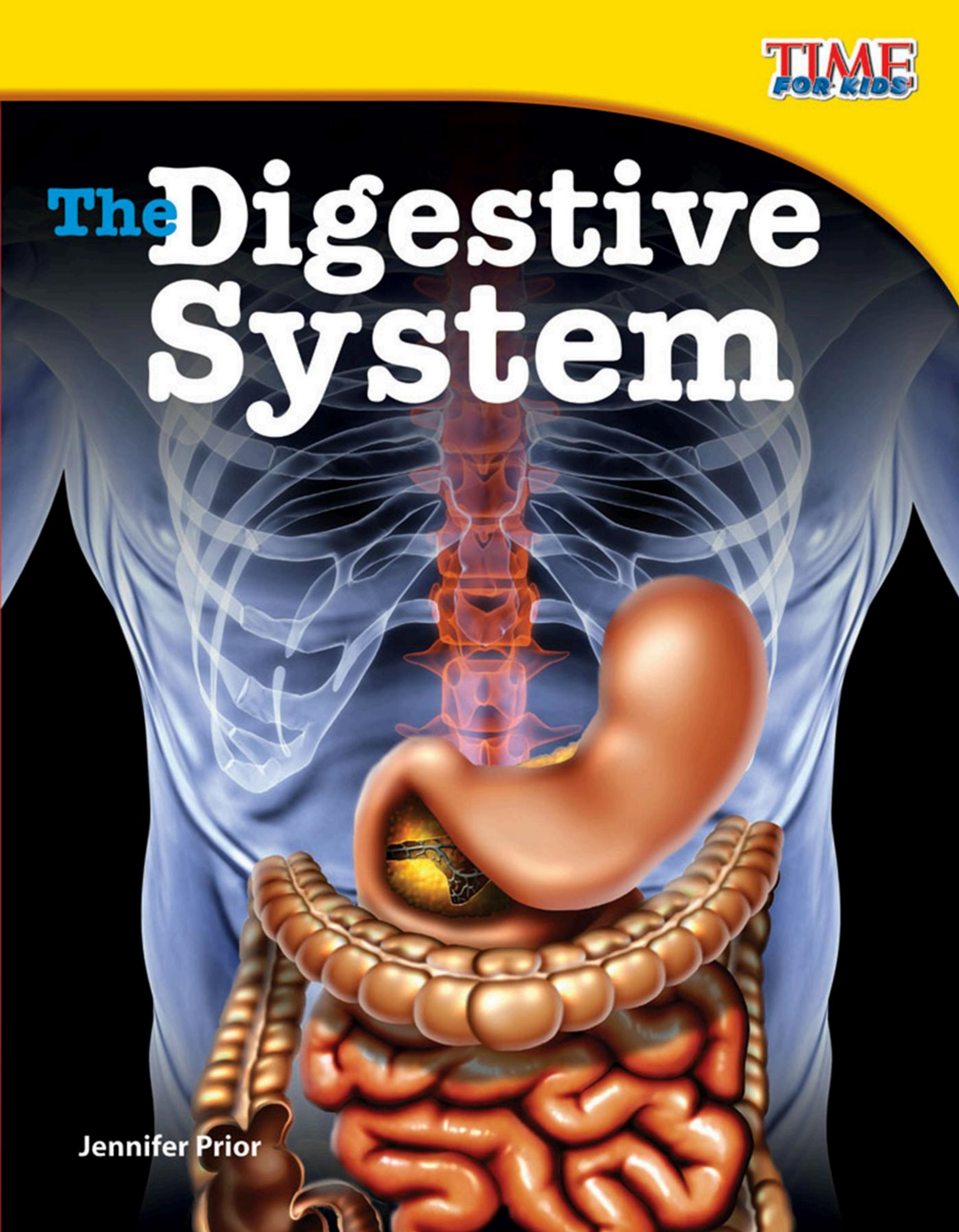


The Digestive System

Jennifer Prior



Consultant

Timothy Rasinski, Ph.D.
Kent State University
Lisa A. Leewood, C.S.T.
Erin P. Wayne, M.D.

Publishing Credits

Dona Herweck Rice, *Editor-in-Chief*
Robin Erickson, *Production Director*
Lee Aucoin, *Creative Director*
Conni Medina, M.A.Ed., *Editorial Director*
Jamey Acosta, *Editor*
Heidi Kellenberger, *Editor*
Lexa Hoang, *Designer*
Stephanie Reid, *Photo Editor*
Rachelle Cracchiolo, M.S.Ed., *Publisher*

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Eat Your Vegetables

“Mom, do I have to eat my vegetables?”

“Yes, honey, they’re good for you.”

“Why are they so good? They don’t taste good.”

“When you eat healthy food, it gives your body nourishment.”

“What does that mean?”

“Nourishment feeds your body so it can work the way it’s supposed to work.”

“What happens to food when we eat it?”

“Well, the vitamins and other nutrients in the food get **absorbed** into the body.”

“What does absorbed mean?”

“It means they get soaked up into the bloodstream.”

“But, Mom, how does that happen?”

“You’re stalling. Eat your vegetables.”



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