



My Amazing Stomach!



Did you know you have an amazing little helper inside your belly?
It's your stomach!

Your stomach has a very important job. After you chew and swallow your food, it travels down to your stomach. Your stomach mixes your food with special juices that help break it into tiny pieces. This is part of something called digestion!

Digestion helps your body use the good things in your food. Food gives you energy and helps you grow, learn, play, and stay healthy and strong.

And your stomach is a hard worker!

When you eat breakfast, your stomach gets to work.

When you eat lunch, your stomach gets to work.

And when you enjoy a healthy snack, your stomach gets to work again!

Place your hand gently on your belly. That's where your stomach is working inside you!

Sometimes your stomach even lets you know when it is empty. Have you ever heard your belly make a funny rumbling or growling sound?

Grrrrrrr!

That might mean it's almost time to eat!

You can help take care of your stomach, too. Chew your food well, eat healthy foods, drink plenty of water, and listen to your body when it tells you that you are hungry or full.

Your stomach works hard for you every single day.

So eat.

Drink.

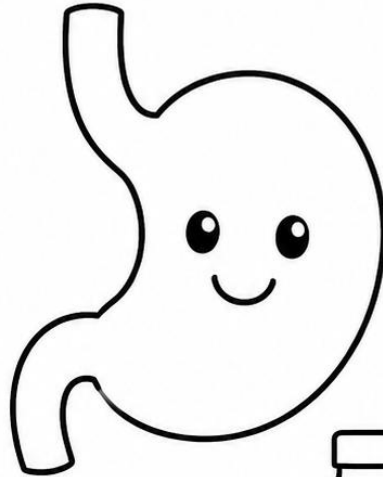
Grow.

Play.

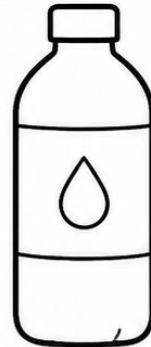
And take good care of your amazing stomach!



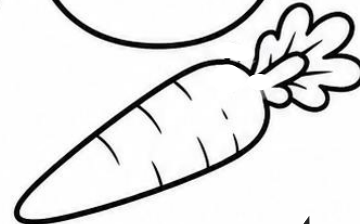
MY AMAZING STOMACH



EAT HEALTHY
FOODS



DRINK
WATER



My stomach helps me use the
food I eat so I can grow strong and healthy!



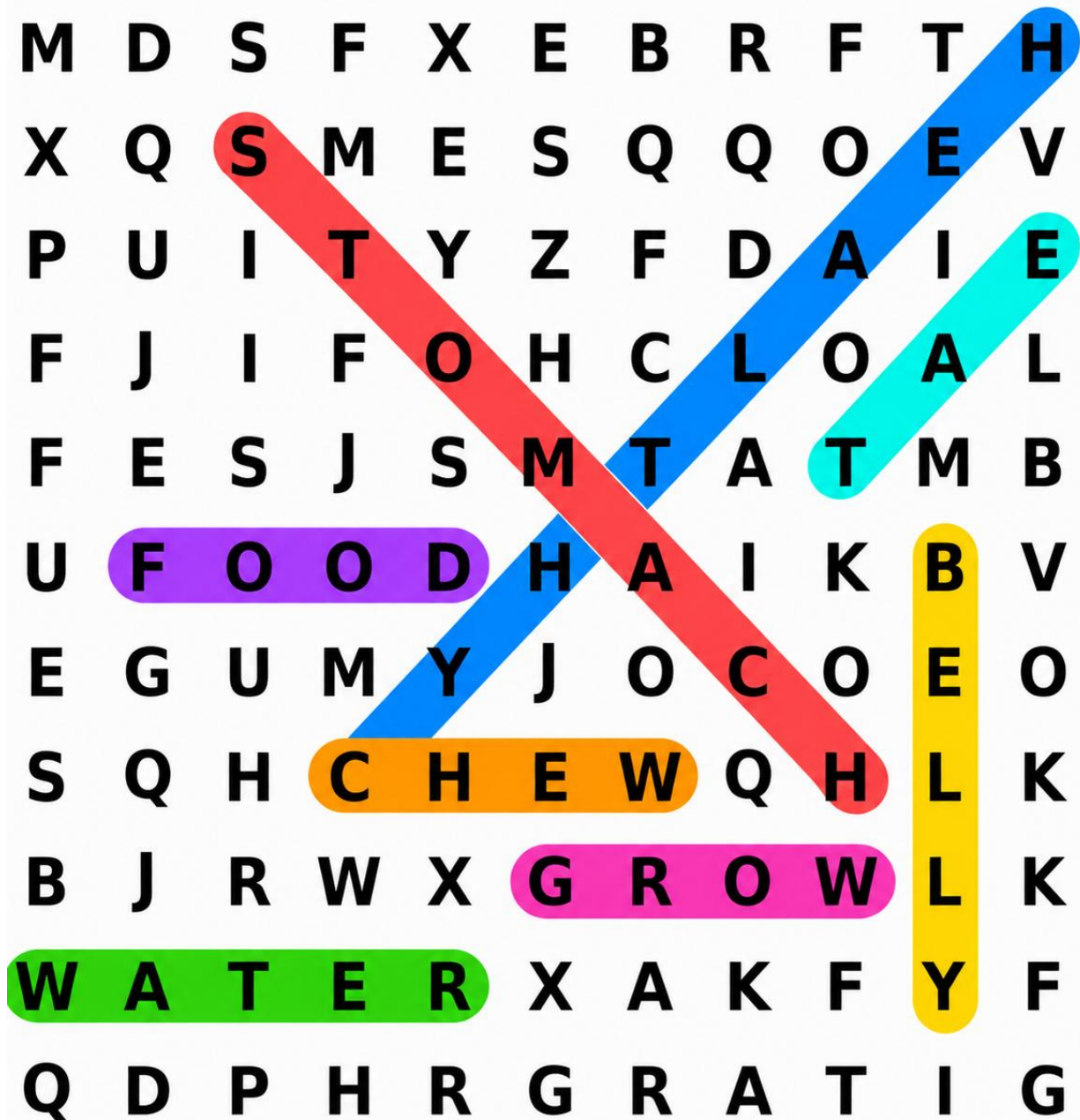
My Amazing Stomach!

M	D	S	F	X	E	B	R	F	T	H
X	Q	S	M	E	S	Q	Q	O	E	V
P	U	I	T	Y	Z	F	D	A	I	E
F	J	I	F	O	H	C	L	O	A	L
F	E	S	J	S	M	T	A	T	M	B
U	F	O	O	D	H	A	I	K	B	V
E	G	U	M	Y	J	O	C	O	E	O
S	Q	H	C	H	E	W	Q	H	L	K
B	J	R	W	X	G	R	O	W	L	K
W	A	T	E	R	X	A	K	F	Y	F
Q	D	P	H	R	G	R	A	T	I	G

STOMACH • FOOD • WATER • EAT •
CHEW • GROW • BELLY • HEALTHY



My Amazing Stomach!



STOMACH • FOOD • WATER • EAT •
CHEW • GROW • BELLY • HEALTHY



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What Did You Learn About Your Amazing Stomach?

1. Where does food go after you swallow it?

- A. Your hand
- B. Your foot
- C. Your stomach

2. What should you do to your food before you swallow it?

- A. Throw it
- B. Chew it
- C. Hide it

3. What does your stomach help your body do?

- A. Digest food
- B. Hear sounds
- C. See colors

4. Which is a healthy drink for your body?

- A. Soda
- B. Water
- C. A cake

5. Healthy food helps your body ____.

- A. Grow
- B. Fly
- C. Turn purple



Check Your Work!

★ Answer Key

My Amazing Stomach

C — Your stomach

B — Chew it

A — Digest food

B — Water

A — Grow

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing brain.

Maybe it will be a picture of your favorite healthful food.

Maybe it will be a picture of you keeping your stomach healthy. 🍌

You can draw and color anything you want!