



# Fueling the Body: Digestion and Nutrition (How Your Body Works)

*Thomas Canavan*

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## **Fueling the Body: Digestion and Nutrition (How Your Body Works)** Thomas Canavan

Digesting a meal takes the body hours! The process begins in the mouth with saliva and moves to the stomach, which is full of acid that outside of the body could do some serious harm. From burping to the tiny villi in the small intestine, this volume includes everything readers could want to know about the digestive system. Full-color diagrams aid reader understanding as examples from everyday life and a frequently asked questions section engages readers with fascinating facts such as why the stomach rumbles. Additionally, information about eating a balanced diet can help readers make health-promoting choices.

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