

LEVELED BOOK • I

# My Stomach

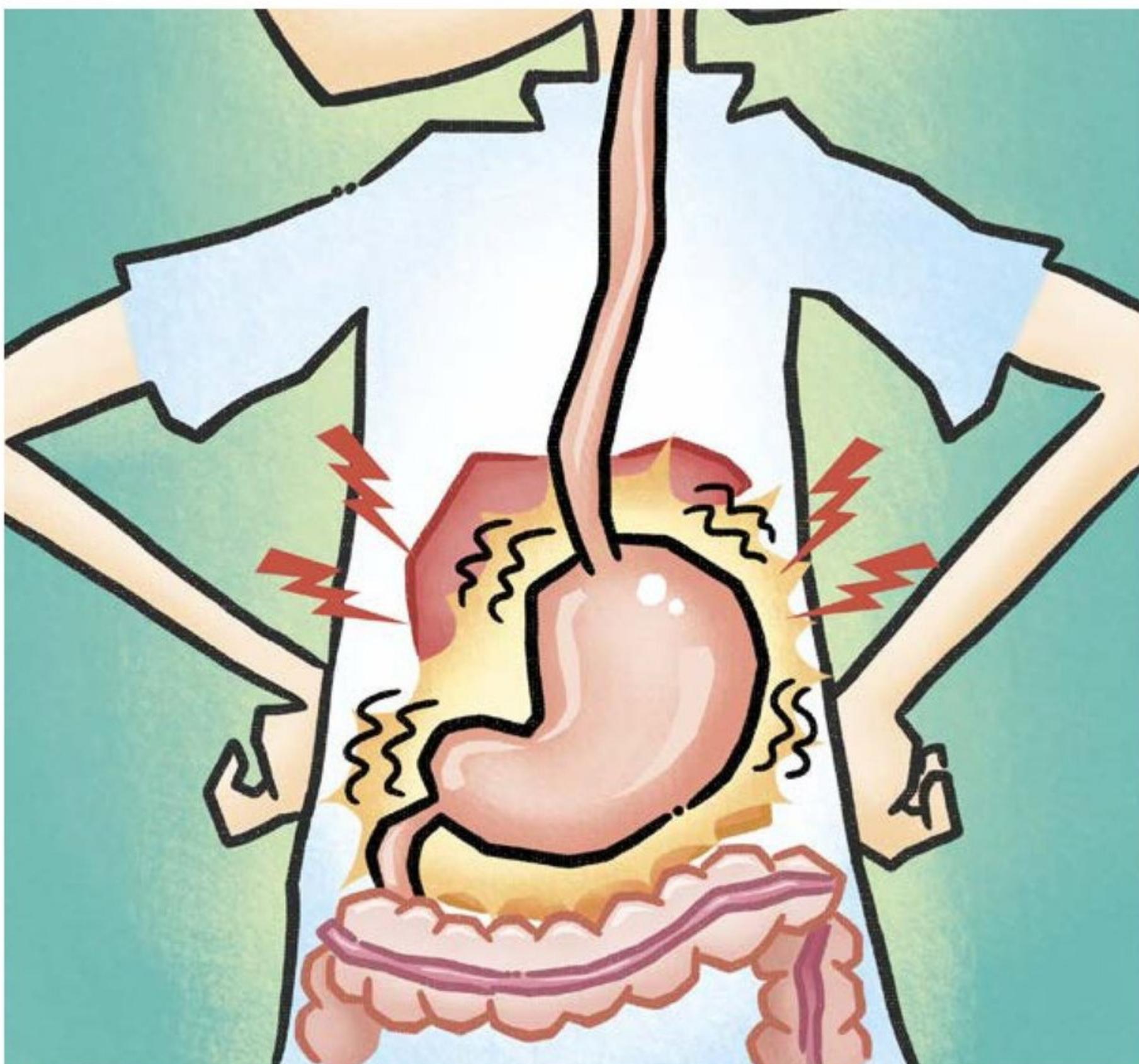


Lo mein

Written by Racheal Rice • Illustrated by Darren McKee



# My Stomach



Written by Racheal Rice  
Illustrated by Darren McKee

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## Focus Question

Why is your stomach an important part of your body?

## Words to Know

digestive system	smell
energy	stomach
saliva	swallow

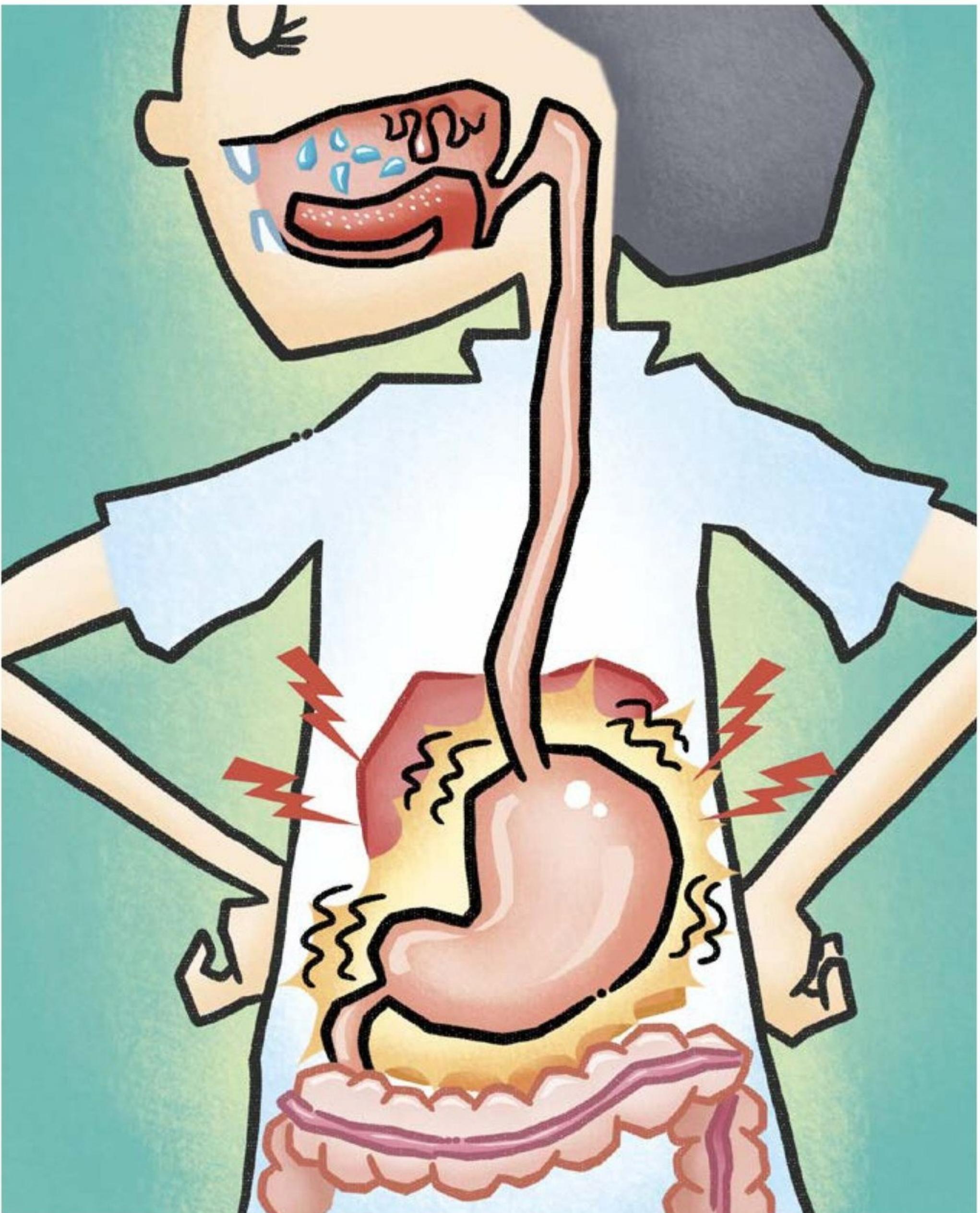
My Stomach  
Level I Leveled Book  
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### Correlation

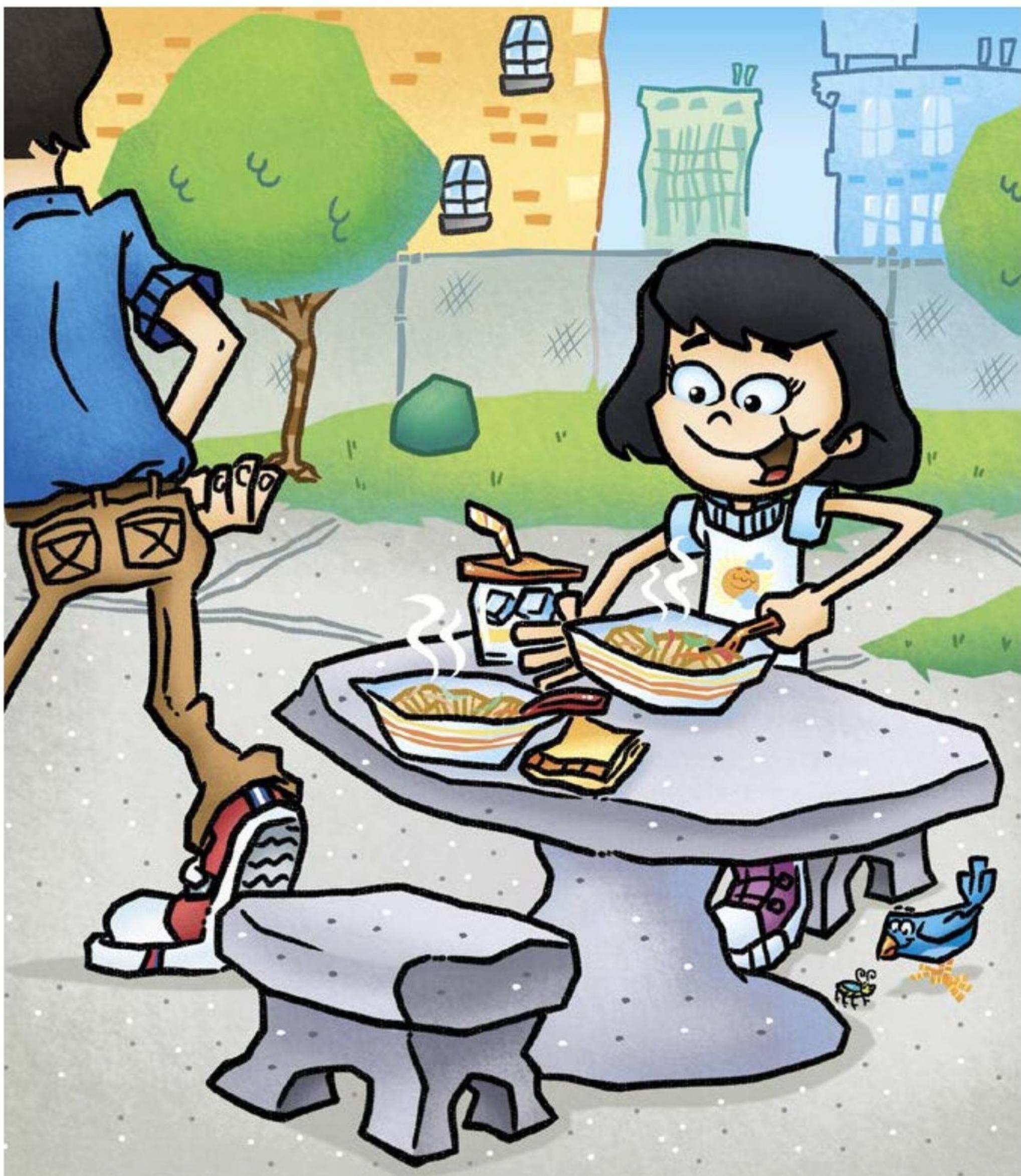
LEVEL I	
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Reading Recovery	15-16
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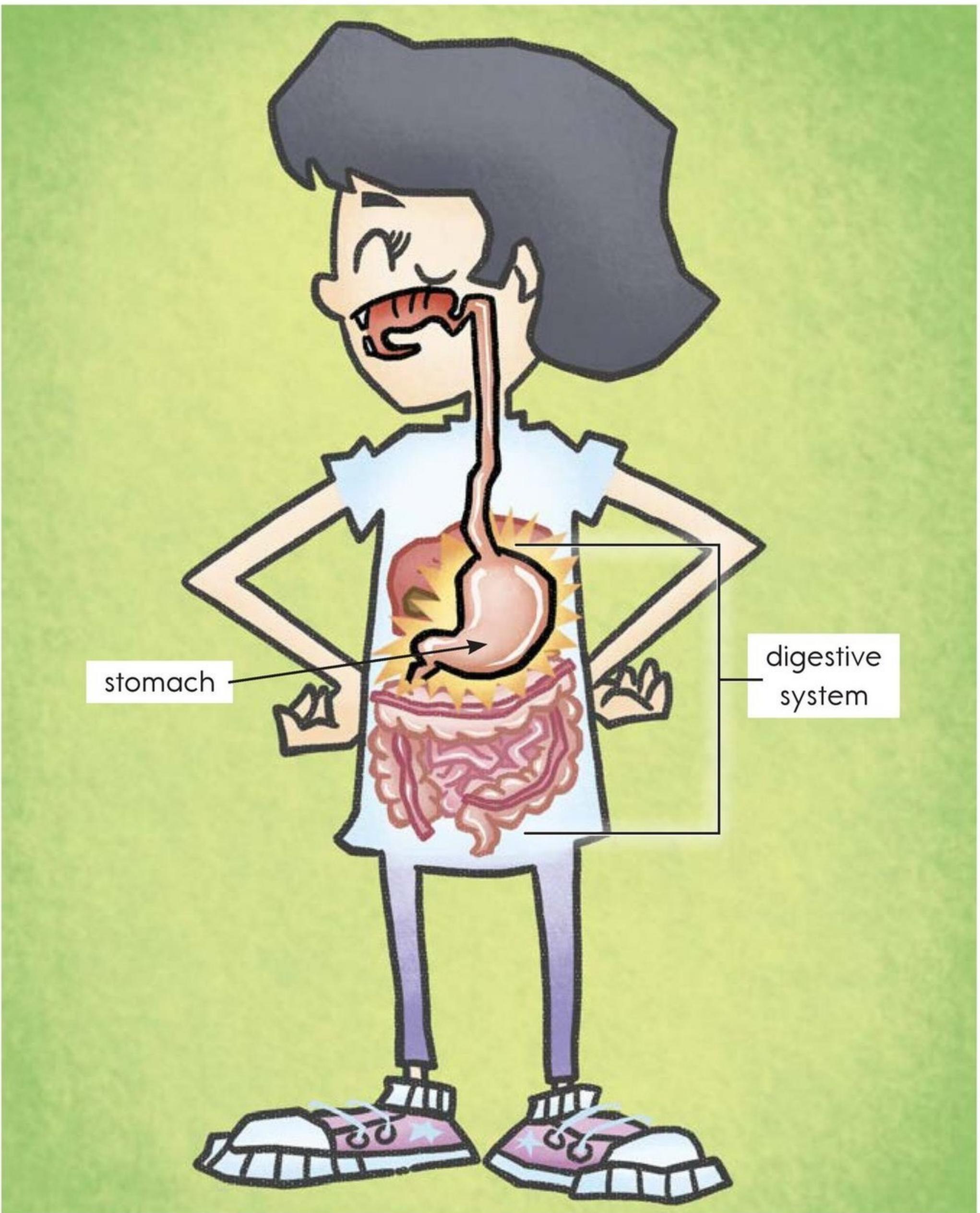
A yummy **smell** is in the air.  
My brain tells me that smell  
is my favorite food.  
My brain sends a message  
to my mouth and my **stomach**.



My mouth starts to water,  
and my stomach grumbles.  
I am hungry!  
My stomach tells me so.



My stomach is a part of my body.  
My stomach helps my body break  
down the food it needs.  
Food gives my body **energy**  
and helps it grow.



My stomach is part of my **digestive system**.

My digestive system is one of my body's systems that keep me alive.



My mouth is the first stop

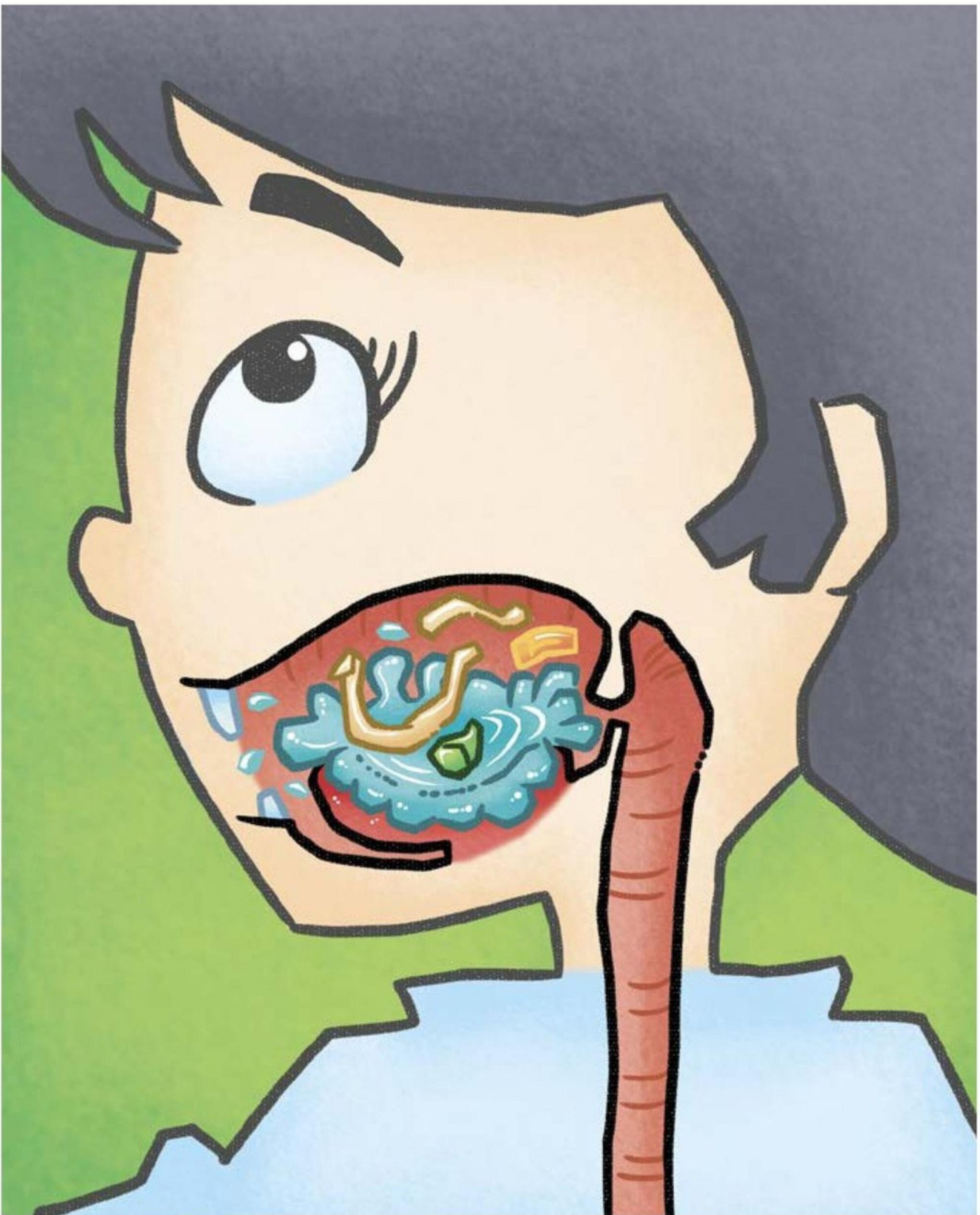
in my digestive system.

My teeth, tongue, and **saliva** start

to break down my food.

I chew, bite, and mash

with my teeth and tongue.



Saliva mixes with the food  
in my mouth.

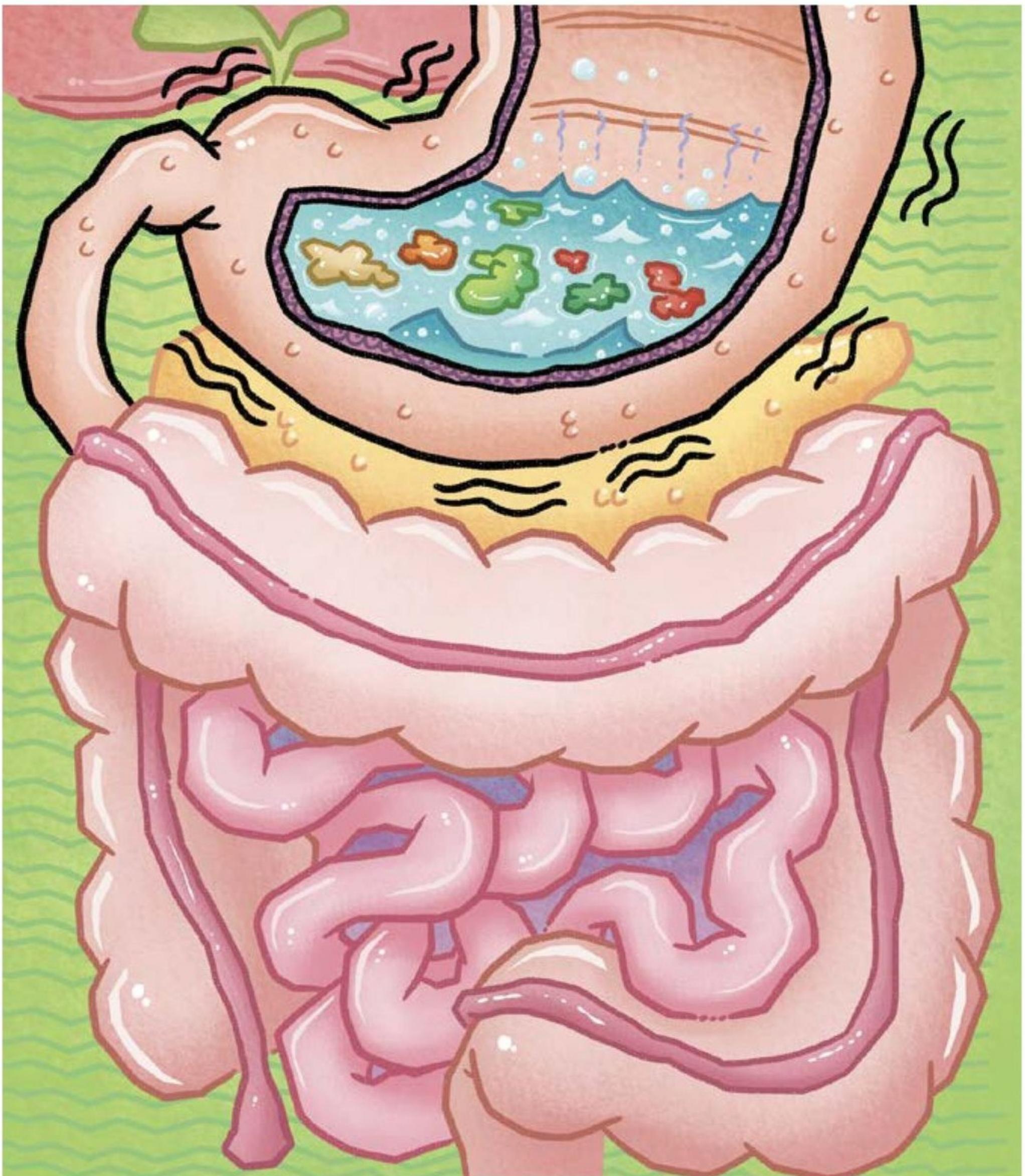
Saliva is a digestive juice that feels  
like water in my mouth.



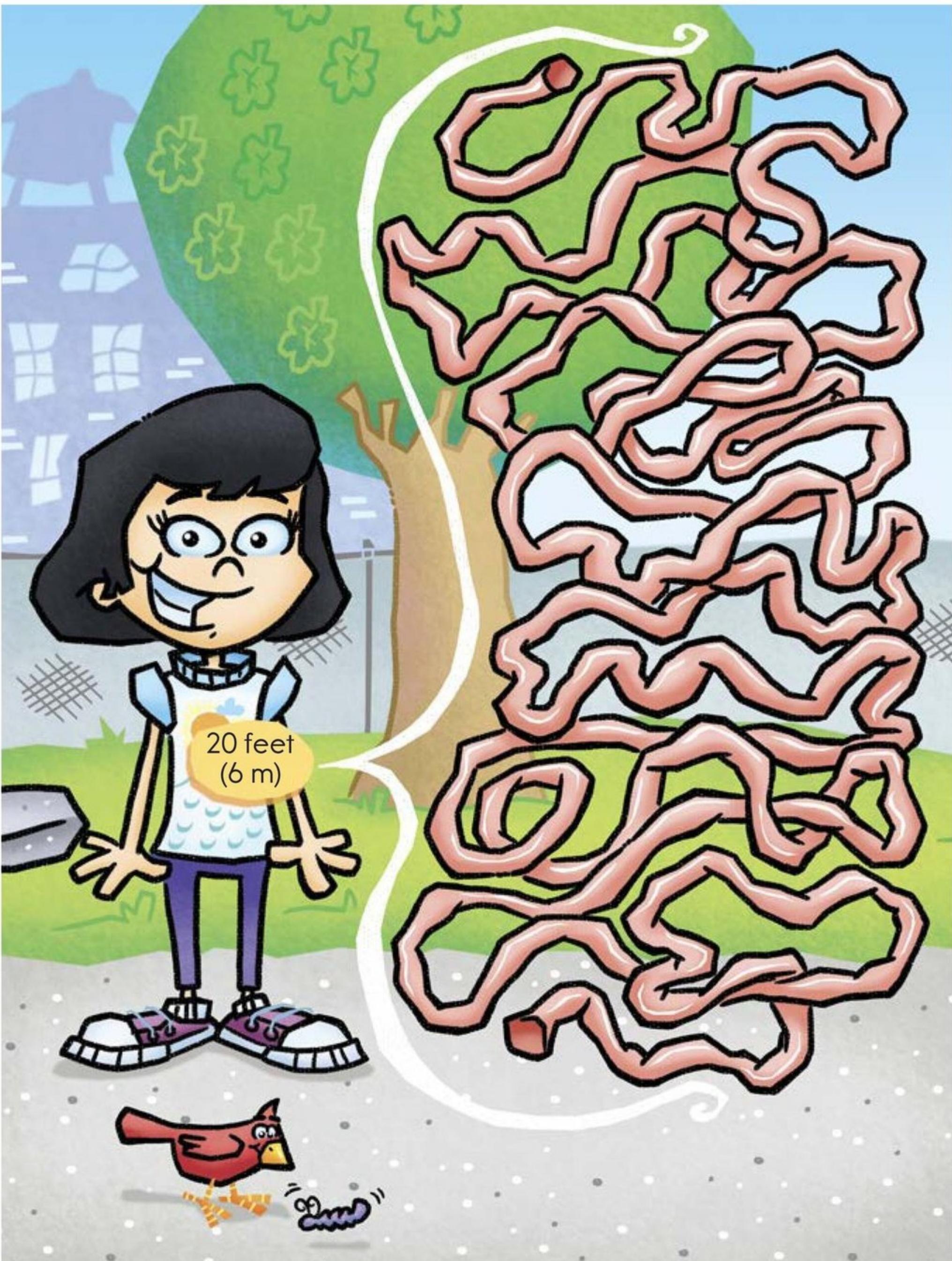
The food in my mouth becomes  
smaller and easier to swallow.  
Next, the food travels from my  
mouth down a tube to my stomach.



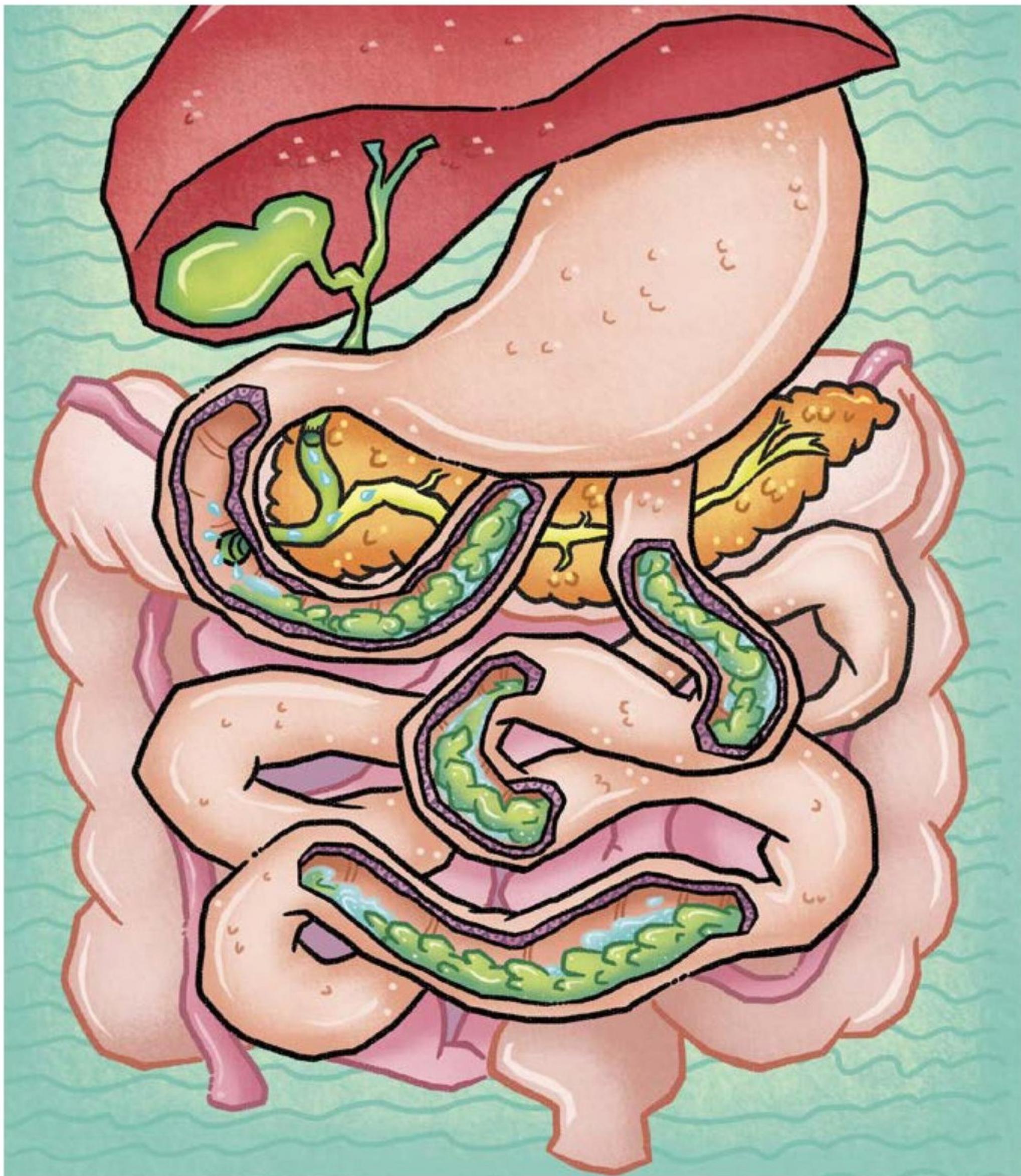
My stomach is like a sack  
that catches the food.  
The food mixes with more digestive  
juices in my stomach.



My stomach mixes and squeezes  
my food to break it down more.  
The food needs to be smaller  
to travel farther into my  
digestive system.



Next, my stomach sends the food through about 20 feet (about 6 m) of tubes.



Other parts of my digestive system  
add juices to break down  
the food more.

The tubes help my body use what  
it can from my food.



Where the tubes end, my body gets rid of the waste it can't use.



I eat until my stomach feels full,  
and it sends a message to my brain.  
I am not hungry anymore!  
My stomach tells me so.

## Glossary

<b>digestive system</b> (n.)	parts of the body that work together to break down food to help the body live and grow (p. 6)
<b>energy</b> (n.)	the power to do work, make a change, or move objects (p. 5)
<b>saliva</b> (n.)	a liquid in the mouth that mixes with food to help begin digestion; spit (p. 7)
<b>smell</b> (n.)	an odor or scent (p. 3)
<b>stomach</b> (n.)	an organ in the body that creates digestive juices to break down food (p. 3)
<b>swallow</b> (v.)	to cause or allow something, such as food or liquid, to pass through the mouth, down the throat, and into the stomach (p. 9)

# My Stomach

A Reading A-Z Level I Leveled Book

Word Count: 295



## Connections

### Writing

Write about what happens to food after you eat it.

Include facts from the book.

### Science and Art

Draw and label the parts of the digestive system.

Share your drawing with a partner.

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