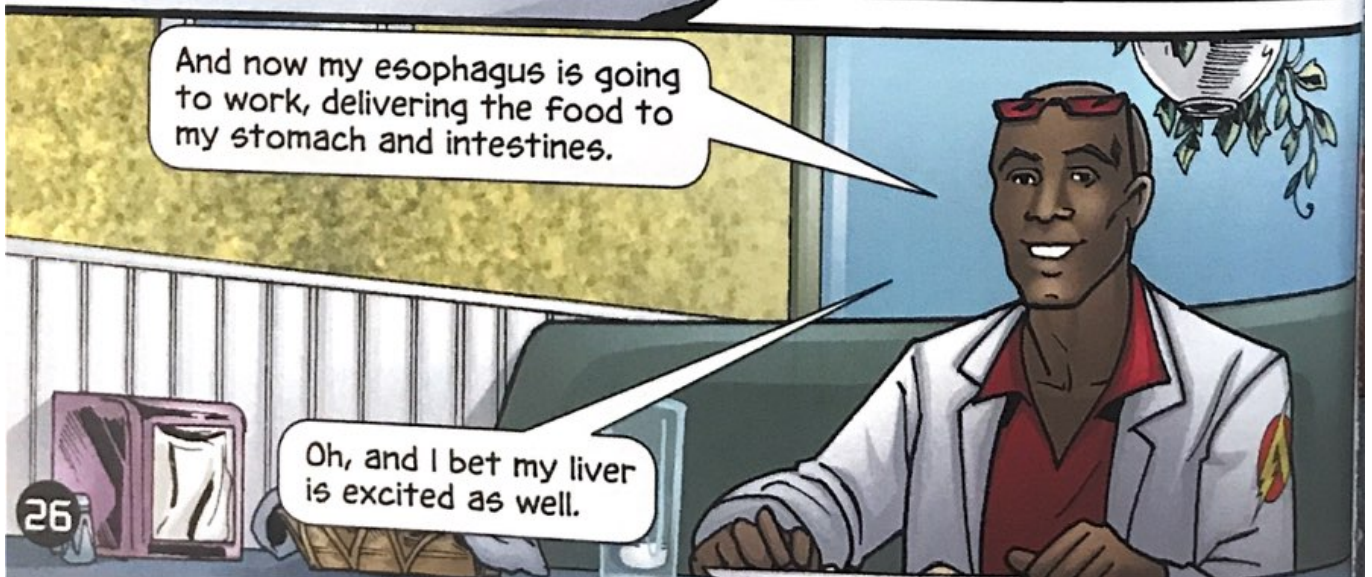




Mmmmm. Finally my mouth is watering for a reason.

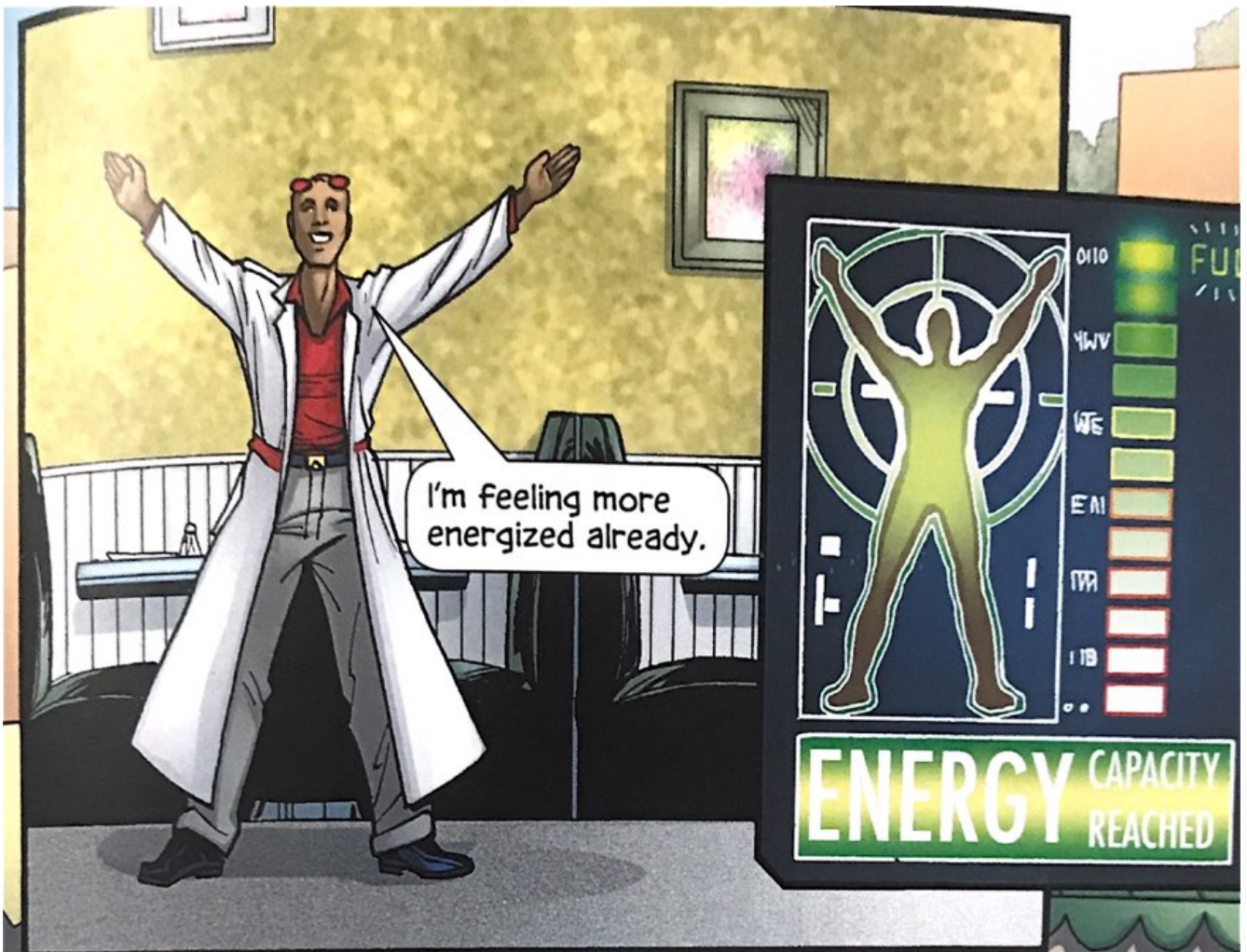


I can almost feel the enzymes in my saliva breaking down the lettuce.



And now my esophagus is going to work, delivering the food to my stomach and intestines.

Oh, and I bet my liver is excited as well.



I'm feeling more energized already.



ENERGY CAPACITY REACHED



I think I'll take a nice long walk.

And thanks to Daisy, I'll never think about food the same way again!

GLOSSARY

bacteria (bak-TEER-ee-uh) — one-celled, tiny organisms that can be found throughout nature; many bacteria are useful, but some cause disease.

bile (BILE) — a green liquid that is made by the liver and helps digest food

blood vessel (BLUHD VESS-uhl) — a tube that carries blood through your body; arteries and veins are blood vessels.

Calorie (KAL-uh-ree) — a measurement of the amount of energy that food gives you

carbohydrate (kar-boh-HYE-drate) — a substance found in foods such as bread, rice, cereal, and potatoes that gives you energy

energy (EN-ur-jee) — the ability to move things or do work

enzyme (EN-zime) — a protein that helps break down food

mineral (MIN-ur-uhl) — a substance found in nature; iron and calcium are minerals.

molecule (MOL-uh-kyool) — two or more atoms of the same or different elements that have bonded; a molecule is the smallest part of a compound that can be divided without a chemical change.

nutrient (NOO-tree-uhnt) — a substance needed by a living thing to stay healthy

organ (OR-guhn) — a part of the body that does a certain job

protein (PROH-teen) — a substance found in all living plant and animal cells; foods such as meat, cheese, eggs, beans, and fish are sources of dietary protein.

vitamin (VYE-tuh-min) — a nutrient that helps keep people healthy