



Knowledge

What should I already know?
 The functions of the basic parts of the human digestive system.
 That diet and exercise can affect the way our bodies function..

For a healthy balanced diet it is important to eat food from the five different food groups.

Fruit and Vegetables:
fibre and vitamins



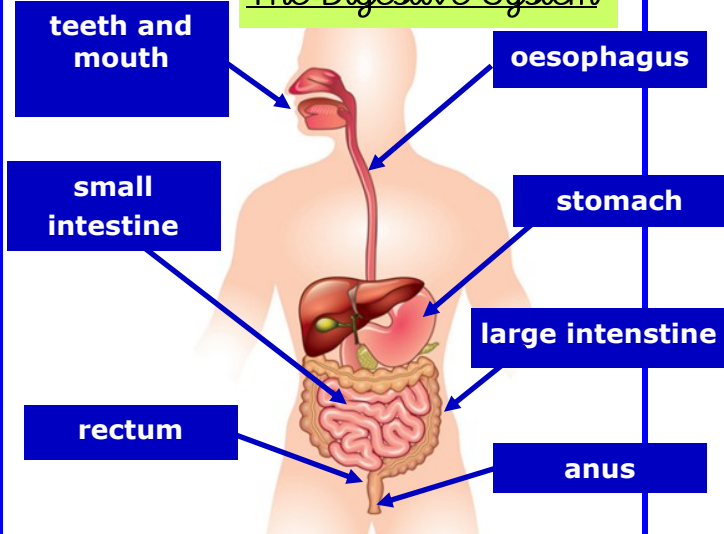
Carbohydrates:
energy

Proteins:
growth and repair

Fats and Sugars

Dairy:
healthy bones and teeth

The Digestive System



Keys to Success

Knowledge and skills

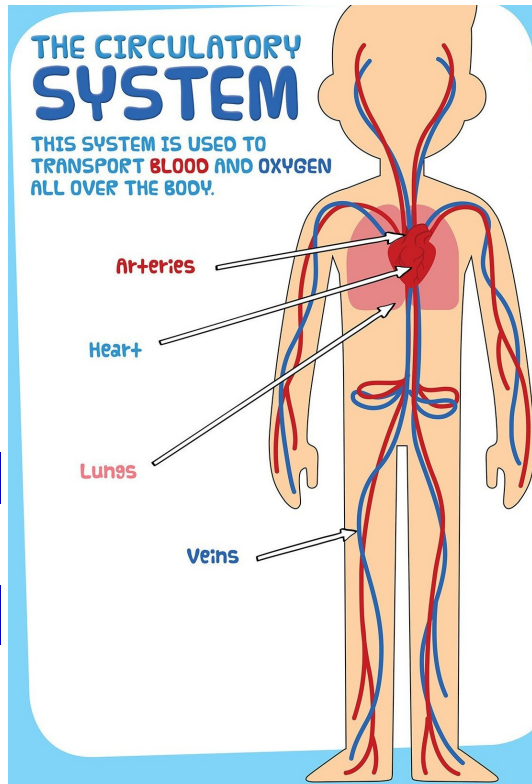
Empower You to Succeed

Working Scientifically



Plan Do Review

Blood carries nutrients and water from our food all around our bodies in blood vessels.



Vocabulary

digestion	This is the way the digestive system breaks down food so the body can absorb it.
salivary glands	Glands in the mouth that secrete saliva for digestion.
oesophagus	A tube that connects the mouth to the stomach.
nutrients	A substance that is needed for life and growth.
circulatory system	The system that carries blood around the body.
blood vessels	Veins and arteries: arteries usually carry blood containing oxygen and nutrients.
oxygen	A part of the air we breathe in that keeps us alive.

incisors - used for cutting
canines - rip and tear food
molars and premolars - for grinding and chewing food

