

Food is a source of energy

Activity: write the correct digestion process.



WRITE THE DIGESTION PROCESS

Nutrients get absorbed

The large intestine is responsible for expelling waste through the anus

Intestinal juices help to digest the food.

The stomach juices mashes the food and turns it to paste

The food is chewed and mixed with saliva.

The food moves to the food tube/esophagus.

The food moves into the stomach.

The small intestine is in charge of processing urine

Wastes is realized

2. Write your favorite weekly menu.

Weekly Menu

	Monday	Tuesday	Wednesday	Thursday
Breakfast				
AM Snack				
PM Snack				





3. Drag the food groups and paste under the picture.

FOOD CLASSIFICATION		
		
		
		

Vitamins (R)

Proteins (B)

Fats (E)

Legumes (B)

Carbohydrates (E)

Minerals (R)

Sweets (E)

Dairy products (B)

Flours (E)

4. Write 12 examples for each one food groups.

FOOD CHART: EAT SOMETHING FROM EACH GROUP EVERY DAY		
REGULATORY	BUILDER	ENERGETIC
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Fruits, vegetables and water

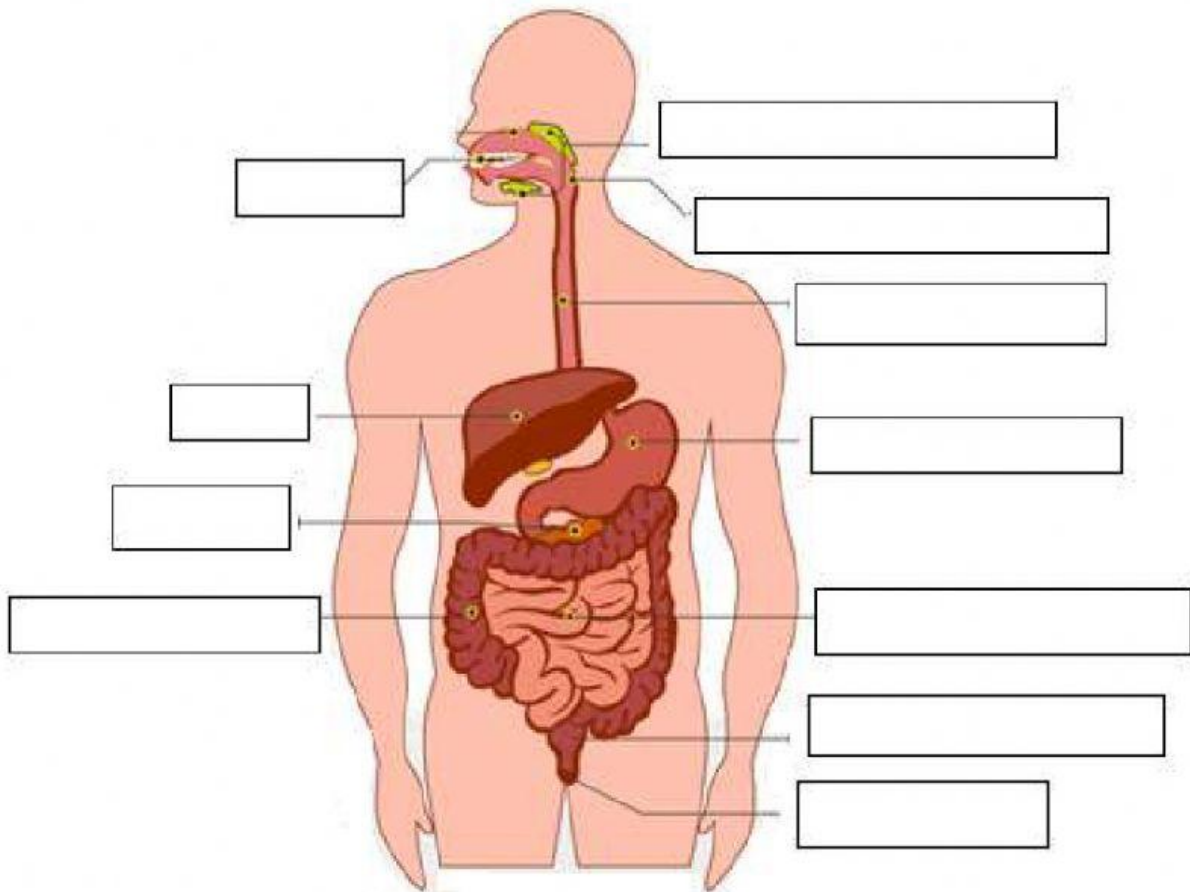


Dairy products, eggs, fish, meat and legumes



Flours, sweets, oils and fats

5. Join the parts of the system digest.



Small Intestine

Liver

Large intestine

Mouth

Rectum

Anus

Pancreas

Stomach

Esophagus

Pharynx

Salivary glands