

DIGESTION

Name the three stages of digestion: d_____,
a_____ and e_____

Where does digestion take place? m_____, e_____ and s_____

Where does absorption take place? s____ i_____

Where does elimination take place? l____ i_____,
r_____ and a_____.

COMPLETE THE SENTENCED BELOW USING THE CORRECT WORD.

Mouth Esophagus Bile Rectum Nutrients
Anus Waste

Nutrients Saliva Stomach Bile Faeces
Small Intestine

Gastric Juices Crush Blood

1. We eat to get _____ that our bodies need to live and grow
2. Digestion starts in the _____. The teeth _____ the food and then mix it with _____.
3. The food travels down the _____ to the _____.

4. In the stomach, the food mixes with _____ and goes to the Liver.
5. The Liver produces a liquid called _____ that helps breakdown the food.
6. The food travels to the small intestine. Here it mixes with _____ from the liver.
7. _____ are absorbed here and they pass into the _____.
8. The undigested food is called _____. The waste goes into the Large Intestine and becomes _____.
9. Finally, the faeces passes through the _____ and leaves the body through the _____.

WHAT DOES **DIGESTION** MEAN?

Digestion is the way your body breaks down your food into smaller pieces. It starts in the _____ and ends in the _____.

WHAT DOES **ABSORPTION** MEAN?

Absorption is the way our body takes _____ from the food we eat into our blood and body tissue

WHAT DOES **ELIMINATION** MEAN?

Elimination is the process the way our bodies get rid of waste. The _____ and _____ change the undigested food into _____.

QUIZ

1. Name the 6 Essential Nutrients our bodies need:

2. What are the vitamins and minerals that your body can't make called

3. The most important minerals are _____ and _____

4. Our bodies need iron to make new, healthy red _____

4. Junk food is bad for us because it has no _____ value.