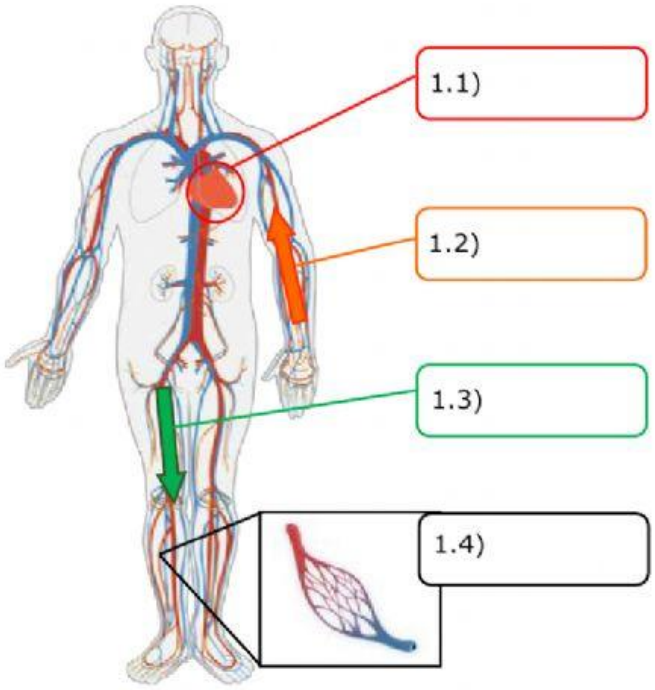
1. Choose the organ of the circular system and then write the names on the definitions.



_____: they carry blood **from the organs** to the heart.

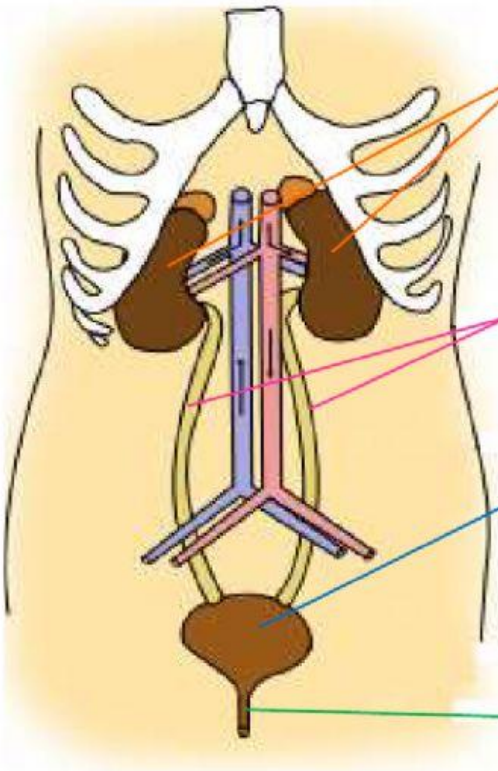
_____: it **pumps blood** around the body.

_____: they bring blood **from the heart** to the organs.

_____: the **oxygen and nutrients** are **exchanged** in this blood vessels.

LIVEWORKSHEETS

2. Complete the diagram by choosing the organs of the urinary system.



2.1) _____: these organs **clean the blood** and eliminate waste substances.

2.2) _____: tubes that take urine **from the kidneys to the bladder**.

2.3) _____: this organ **stores the urine**.

2.4) _____: this tube takes the **urine outside of the body**.

LIVEWORKSHEETS

3. Choose the nutrients of the food pyramid and match the food that belongs to each group.

Pasta and bread




Chicken and fish

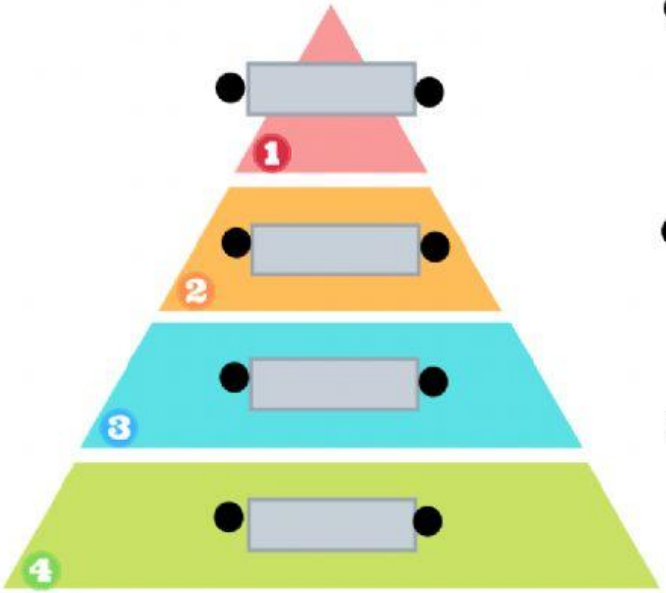



Fatty fish and olive oil




Fruits



Dairy products and eggs.




Potatoes and rice.




Vegetables




Chocolate and nuts.




LIVEWORKSHEETS

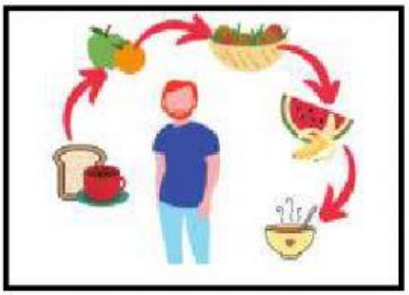
4. Choose the correct nutrient to complete the definitions.

Carbohydrates	We must eat this food **two or three times a week**. It makes our muscles stronger and give our body the nutrients we need for **growth** and **repair**.
Vitamins and minerals	We must eat this food **every day**. This nutrient gives our body **energy**.
Fats	We must eat this food **every day**. They help our immune system and **prevent illness**.
Proteins	We must eat this food **occasionally**. This nutrient gives our **body energy**.

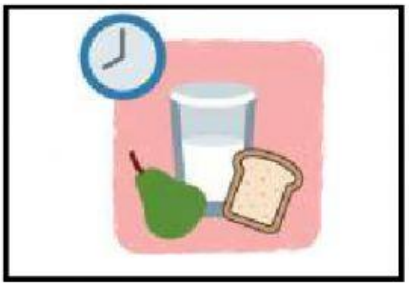
LIVEWORKSHEETS

5. Complete the sentences and match them with their image.

Always eat _____. It's the most important meal of the day. It gives us the _____ we need until lunch.



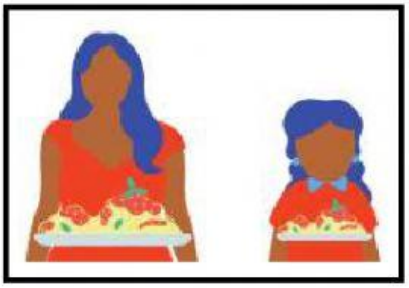
Avoid eating an excess of _____. Your body stores the one it doesn't use. This is _____ for your health.



Eat _____ times a day: breakfast, lunch, dinner and a piece of _____ or a yogurt between meals.



Eat the correct quantity of _____ for your body. A lack of _____ means we can get ill.



LIVEWORKSHEETS