



1. Answer these questions:

1. What is nutrition?

Nutrition is the _____ of _____ in _____ and _____
to _____ to _____, _____ and
_____.

2. What does the human digestive system do?

The human digestive system _____ from _____ and
_____.

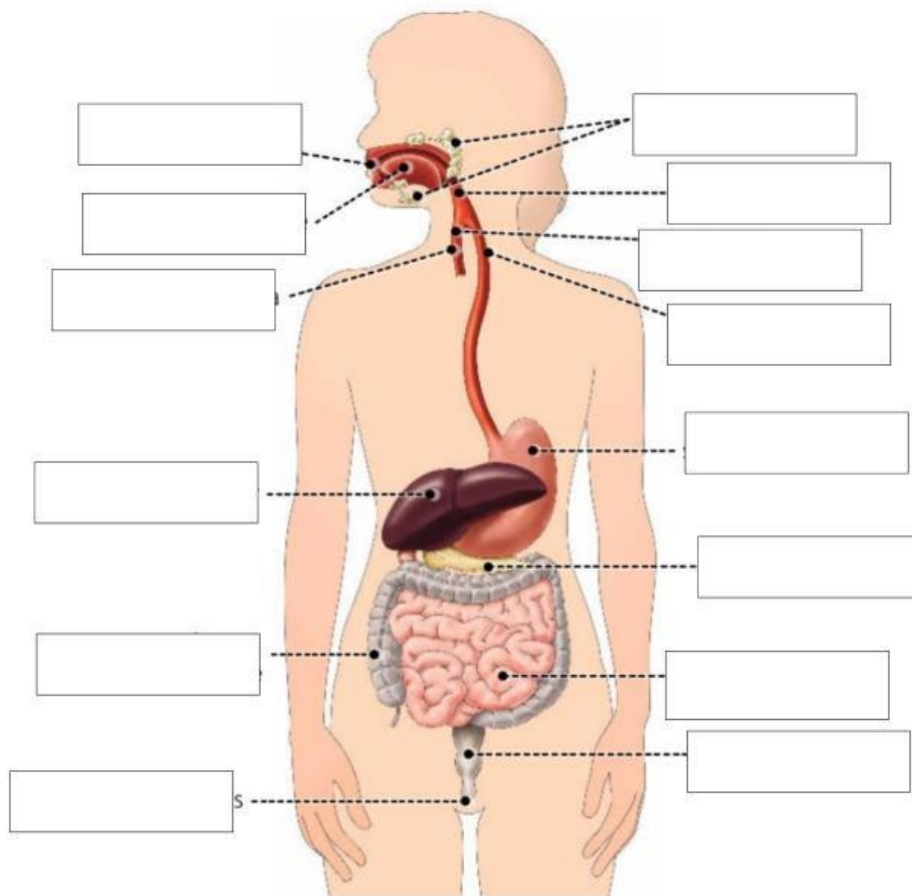
2. Write the name of the stage of digestion and choose the correct option.



3. Fill the gaps with the information of the digestive system.

1. In the _____: teeth, _____ and tongue break up food into a **food** _____, that goes down the _____.
2. The food moves the _____ to the _____.
3. In the _____, the food is mixed with **digestive** _____. Then, food turns a thick liquid called _____.
4. _____ passes into the _____ **intestine** and mixes with **bile** from the _____ and **pancreatic juices** from the _____. The _____ are absorbed into the blood.
5. The **remaining liquid** passes into the _____ **intestine**. The waste forms _____ that pass into the _____ and leave the body via the _____.

4. Write the parts of the digestive system.



5. Answer these questions about the respiratory system:

1. What does our body need to function?

Our body needs _____ to function.

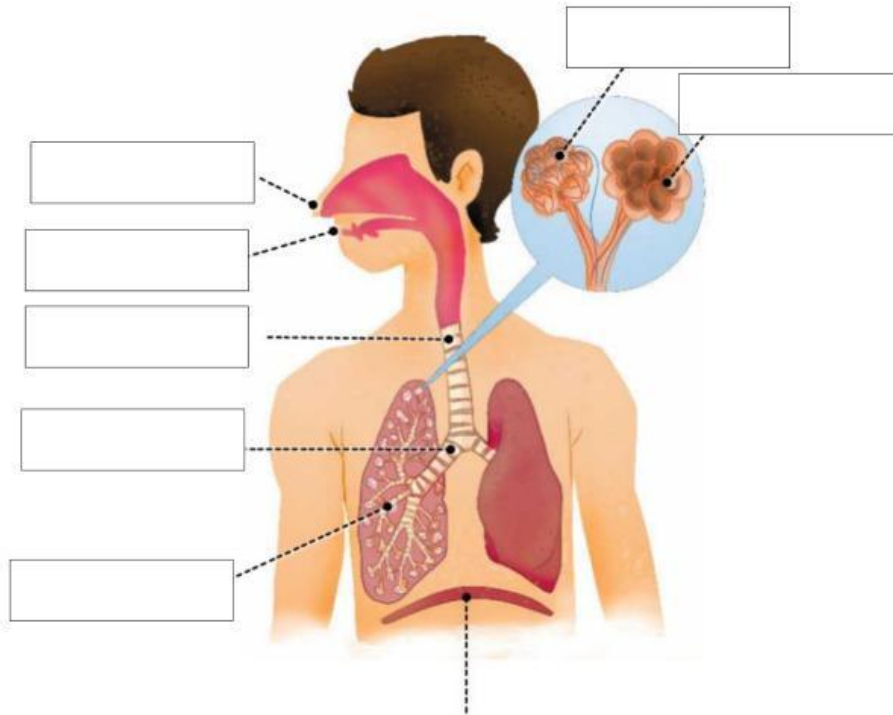
2. What does the respiratory system take in and release?

The respiratory system takes in _____ and releases _____.

6. Order the stages of the respiratory system.

- ☐ The air travels into the **trachea**.
- ☐ **Air** enters the body through the **nose** and **mouth**.
- ☐ When the **diaphragm** contracts, the lungs expand and take in oxygen. When it relaxes, the air leaves the lung.
- ☐ The bronchi split into the **bronchioles**.
- ☐ Each bronchiole has air sacs called **alveoli**.
- ☐ The trachea splits into the **bronchi**, taking air to each of the **lungs**.

7. Write the parts of the respiratory system.



8. Read the process of the exchange of gases and choose: True or False.

1. The respiratory system takes oxygen from the air. **True / False**
2. Oxygen travel from the large intestine to the blood. **True / False**
3. Oxygenated blood travels towards the heart and the rest of the body. **True / False**
4. Our cells use this oxygen and the nutrients to produce energy. **True / False**
5. During this process, our cells produce a waste gas called oxygen. **True / False**
6. The oxygen is eliminated when we breathe out. **True / False**

