

Human Nutrition (unit 1 study)

Our bodies need _____ to work.
These systems work together during nutrition.

1. Digestive System

The _____ we receive in the form of food and drink is processed by the digestive system.



2. Respiratory System

The respiratory system extracts _____ and uses it to convert the nutrients into _____.



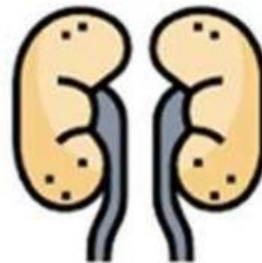
3. Circulatory System

The circulatory system _____ this energy to different parts of the body.



4. Excretory System

The excretory system gets rid of unwanted or _____ substances.



The Digestive system



The **digestive system** helps us to _____ the **nutrients** from the _____ we eat to give it to the _____ in our bodies. It also _____ waste products.

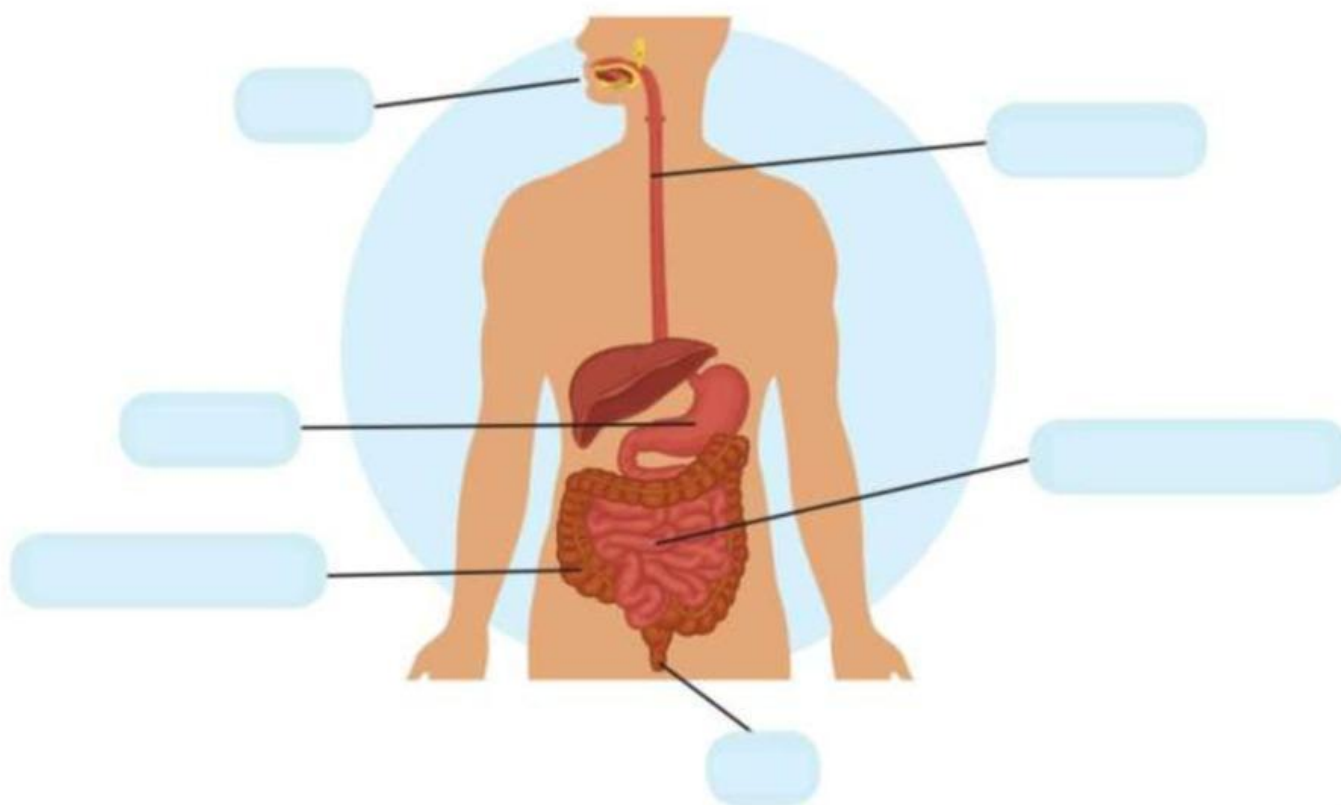


1. _____ **chew** and **break** the food into smaller pieces in the **mouth**.

2. _____ is **pushed down** the **esophagus** by muscular movements.
3. **Food** enters the **stomach** where _____ make food pieces even smaller.
4. _____ from food are **absorbed** in the **small intestine**.
5. **Nutrients** are absorbed into the _____.
6. _____ passes through the **large intestine** where _____ is absorbed.
7. **Waste** in the form of _____ goes out the _____.



Label the different parts of the digestive system

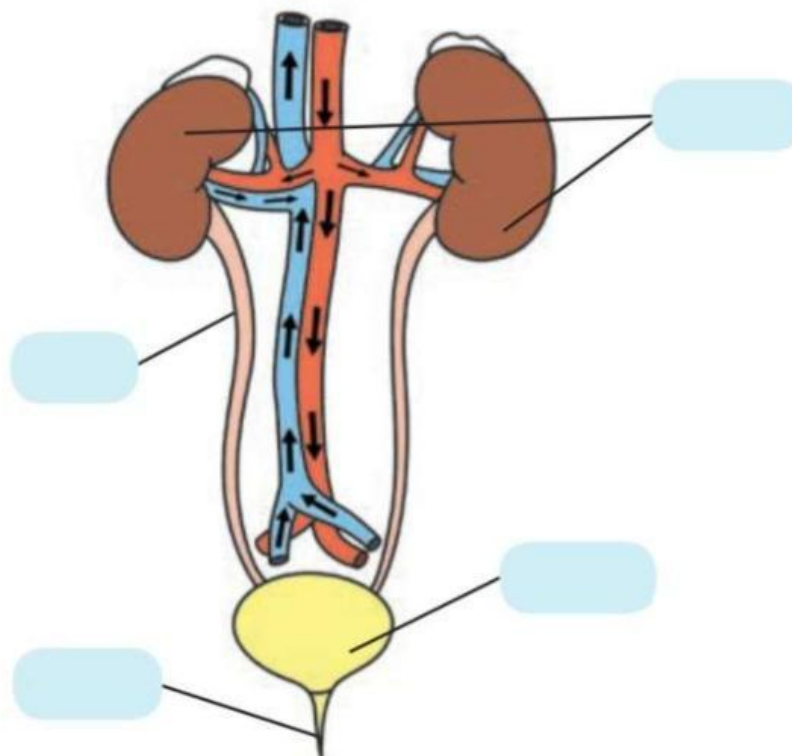


The Excretory system

- The **excretory system** _____ waste from the body in the form of _____.

- The **kidneys** _____ the waste from the _____.
- The **urine** from the **kidneys** _____ the **ureters**.
- The **urine** _____ in the **bladder**.
- The **urine** _____ the body from the **urethra**.

Label the different parts of the excretory system



What is the **difference** between the **waste** that comes out of the **digestive system** from the **excretory system**?

The waste that comes out the **digestive system** is a _____ mass, known as poo (where the _____ has been absorbed back into the body), and the waste that comes out of the **excretory system** is all the toxic material that is found in the _____ and filtered by the _____. This waste comes out as a _____ (urine).