



Energy and Waste Discover



Name: _____

Date: _____

Class: _____

1. Which unit is used to measure the amount of energy in foods we eat?

☐ kg

☐ km

☐ kcal

☐ grams

2. You burn calories when you move around, exercise, and do your daily tasks. Order the activities from the lowest to the highest number of calories used up.

lowest



highest



3. Complete the sentence to describe the relationship between the type of activity and the number of calories used up.

The greater the activity, the

.....

calories of energy used up.

4. Each image represents 100g of a type of food. Order the foods from highest to lowest amount of calorie content.

highest



lowest

1.	2.	3.	4.
			



Name: _____

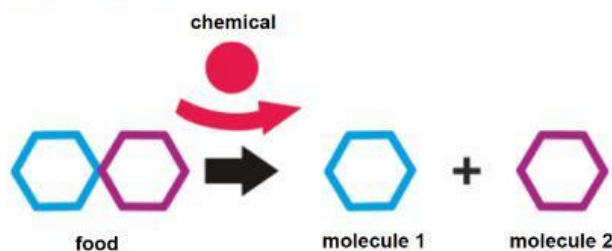
Date: _____

Class: _____

5. Use different colors to highlight and match the correct sentences. The first one has been done for you.

Starter sentence	End sentence
The breakdown of food occurs in the	mouth and stomach
The breakdown of food into smaller pieces is called	villi
Absorption of food into the blood happens in the	digestive system
In the small intestine, food is absorbed into the blood through	mechanical digestion
Mechanical digestion happens in the	small intestine
	chemical digestion

6. This image shows food broken down through the process of digestion. Which type of digestion does the image represent? Give 2 reasons to support your answer.



Type of Digestion:	
Reason 1:	Reason 2:

Obtaining Energy and Removing Waste



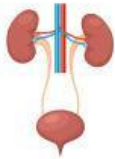
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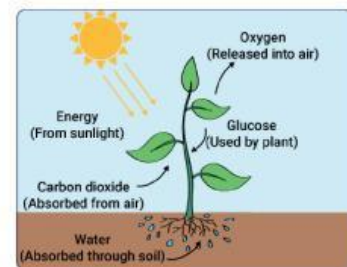
7. Drag and drop to identify the system that removes each type of waste from the body.

Carbon Dioxide	Liquid Waste	Solid Waste	Extra Salt

 excretory system	 digestive system	 skin integumentary system	 respiratory system
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8. This image shows the process of photosynthesis.

Use this image and the word bank to describe how energy is obtained and how waste is removed from plants.



During photosynthesis, plants make their own food in organs called _____. Plants use _____ energy, water, and carbon dioxide to make _____ for energy and a waste gas called _____. The _____ carries glucose from the leaves to cells to make _____. The **xylem** carries water from the _____ to the rest of the plant. Plants take in carbon dioxide and remove water vapor and oxygen as _____ through tiny openings in the leaves called _____.

Word Bank				
stomata	light	leaves	energy	phloem
roots	glucose	xylem	waste	oxygen