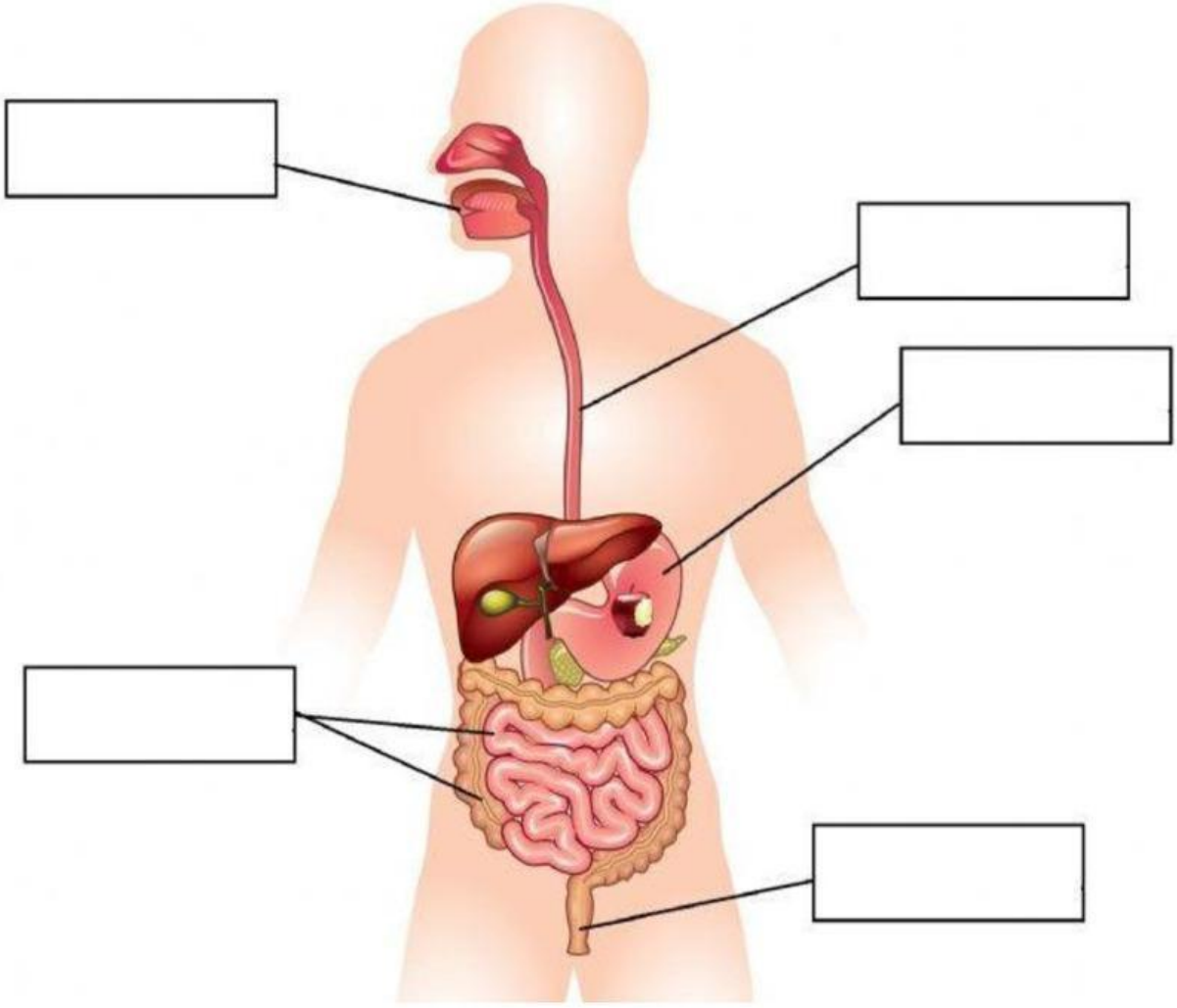
NAMA _____

Assessment

The Digestive System

Label the digestive parts in this diagram.



mouth

stomach

Intestine

Oesophagus

anus

LIVEWORKSHEETS

Classes of Food

Food Class	Importance of food
	Provide energy
	For growth
	Insulation and store energy
	For health maintenance
	For health maintenance
	To prevent constipation
	Regulate body temperature

Mineral | fibre | fat | water

carbohydrate | vitamin | protien

LIVEWORKSHEETS

Effect Imbalance Diet

1. A higher intake of fatty food

2. Eating too much candies

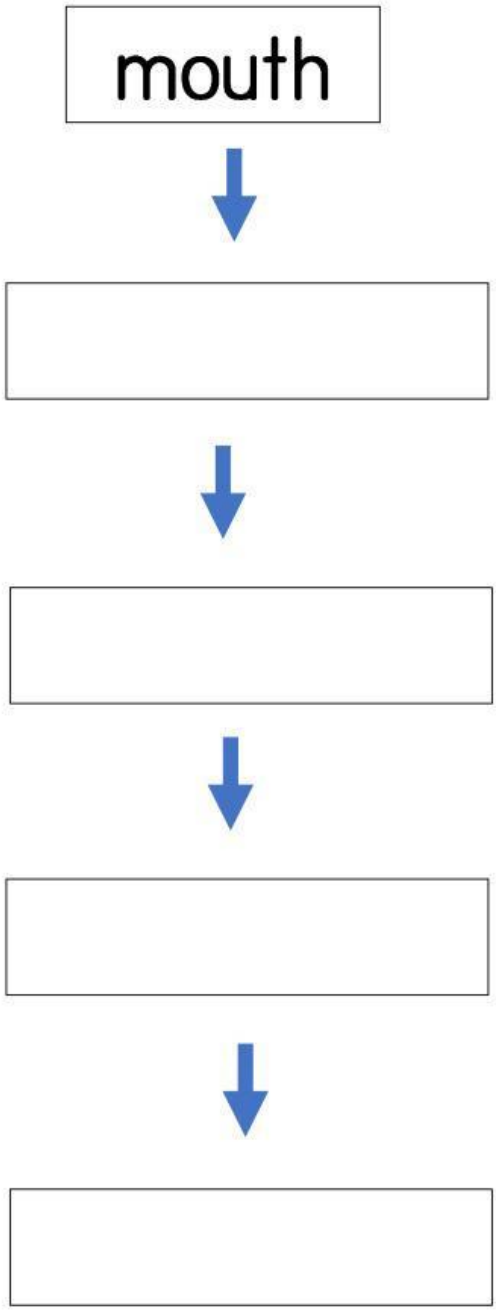
3. Not eating enough fruits and vegetable

4. Eating too much salty food and solt

May cause dental caries
May lead to obesity
May cause constipation
May lead to high blood pressure

LIVEWORKSHEETS

Flow Of Food



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