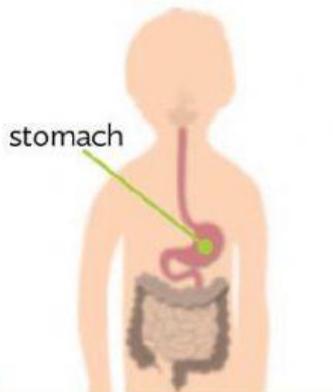


NUTRITION

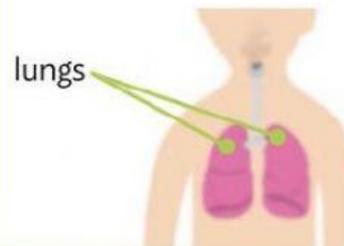
The process of obtaining energy from food is called _____.

There are **four systems** involved in nutrition:

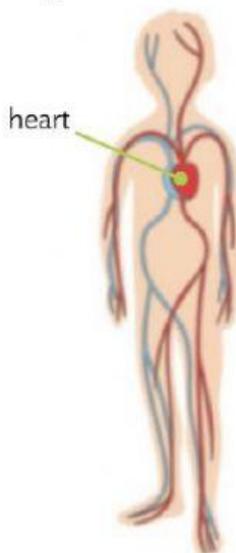
We digest food and absorb nutrients through our



We breathe air in and out through our _____. We need oxygen from air to obtain energy from food.



Our **blood** carries nutrients and oxygen around our body through the



We expel waste from our body through our _____.

