UNIT 2. NUTRITION
FOOD

1. Put the three stages of nutrition in the correct order.

Transform nutrients into molecules our bodies can use.

Excrete waste and harmful substances.

Take in nutrients, like food, vitamins and oxygen.

1	
2	
3	

2. Classify the substances we take in to and remove from our bodies.

toxins | urea | proteins | vitamins and minerals

carbohydrates | water | oxygen | solid waste

carbon dioxide | fats

Take in:	Remove:

LIVEWORKSHEETS