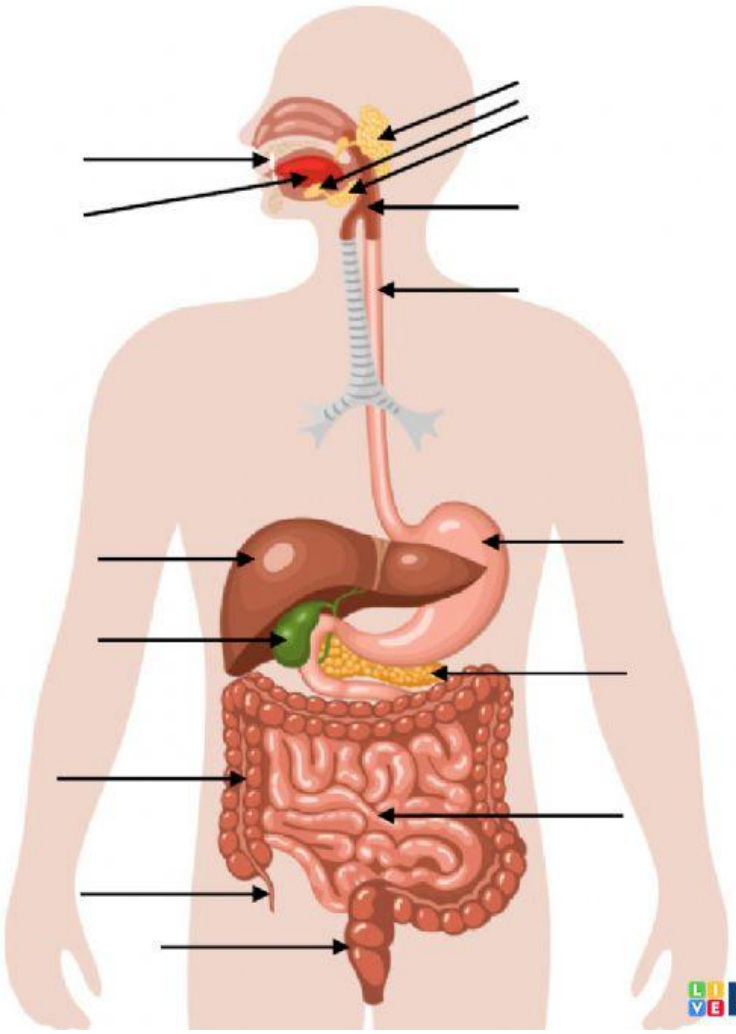
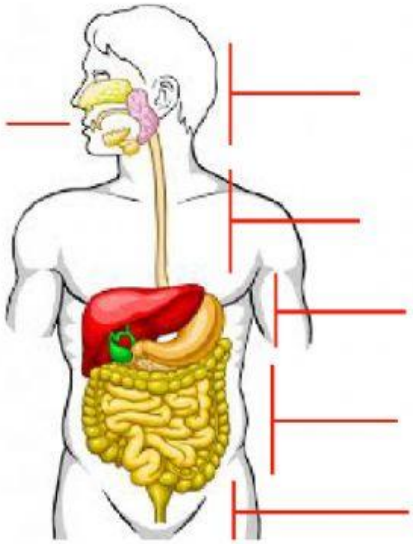


LIVEWORKSHEETS

FUNCTIONS OF THE DIGESTIVE SYSTEM

(CLICK THE ONES THAT ARE CORRECT)

CUT, CHEEW AND SWALLOW	ABSORB WATER AND MINERALS	MOVE YOUR BLOOD	ABSORB THE NUTRIENTS TO THE BLOOD
MAKES URINE	DO THE DIGESTION OF THE FOOD	DO VOLUNTARY AND INVOLUNTARY BREATHING	PROTECT INTERNAL ORGANS
MOVE THE FOOD (PROPULSION)	EXPULSE CARBON DIOXIDE AND OTHER GASES	EXPULSE THE WASTE FOOD THAT YOU DON'T NEED	CONTROL DE QUANTITY OF HORMONES



CLICK THE GOOD HABITS OF THE DIGESTIVE SYSTEM

DRINK WATER	LET YOUR STOMACH HAVE A REST (DEIXAR-LO DESCANSAR)
EAT SUPER FAST	DO PHYSICAL ACTIVITY
EAT PROTEINS, GOOD FATS, VITAMINS AND CARBOHYDRATES	EAT ULTRAPROCESSED FOOD
EAT FIBER (FIBRA)	EAT HIGH QUANTITIES OF SUGAR AND SALT
BRUSH YOUR TEETH	CUT AND CHEEW PROPERLY

LIVEWORKSHEETS