

Natural Science, Unit 2: Nutrition

1. Complete the text using the words in the box.

9 metres absorbing expulsed waste balanced eight poo

Digestion is the process of _____ nutrients from food and drink. An adult human's digestive system is around _____ long. We need a _____ diet to stay healthy. The process of digestion takes between _____ and seventy two hours to complete and ends when _____ food is _____ from the body in the form of _____.

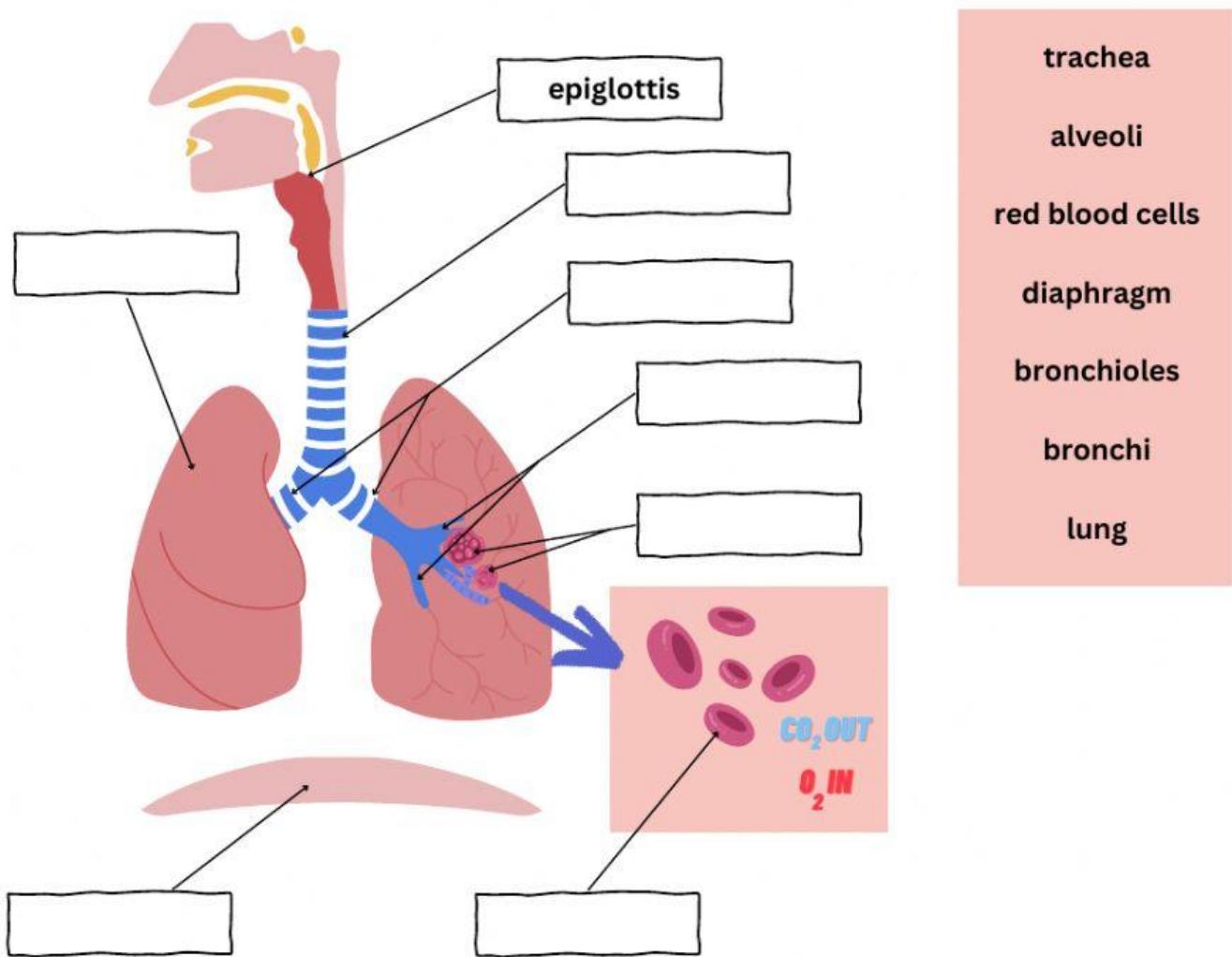
2. Organise the parts of the digestive system into the correct order.



3. Match the parts of the digestive system to their function. Click and choose.

- a) An acid that kills bacteria and breaks food into a liquid.
- b) Produces bile to break down fats.
- c) Produces pancreatic juices to separate nutrients.
- d) Little finger-like projections that absorb nutrients.
- e) Fine blood vessels that absorb nutrients into the blood.
- f) Strong muscles push food down into the stomach.

4. Label the parts of the respiratory system.



5. Click and choose the correct answer.

a) Name the sacs that exchange O₂ from the air and CO₂ in the blood.

lungs / alveoli / bronchioles

b) What stops food and liquid entering the lungs?

diaphragm / bronchi / epiglottis

c) Which muscle pushes and pulls the lungs to inhale and exhale?

pectoral muscles / abdominal muscles / the diaphragm

d) Which tubes take air to the alveoli to exchange gases?

the oesophagus / the bronchus / the bronchioles

e) How do we use oxygen in the body?

to make energy and new cells / to absorb nutrients / to do exercise

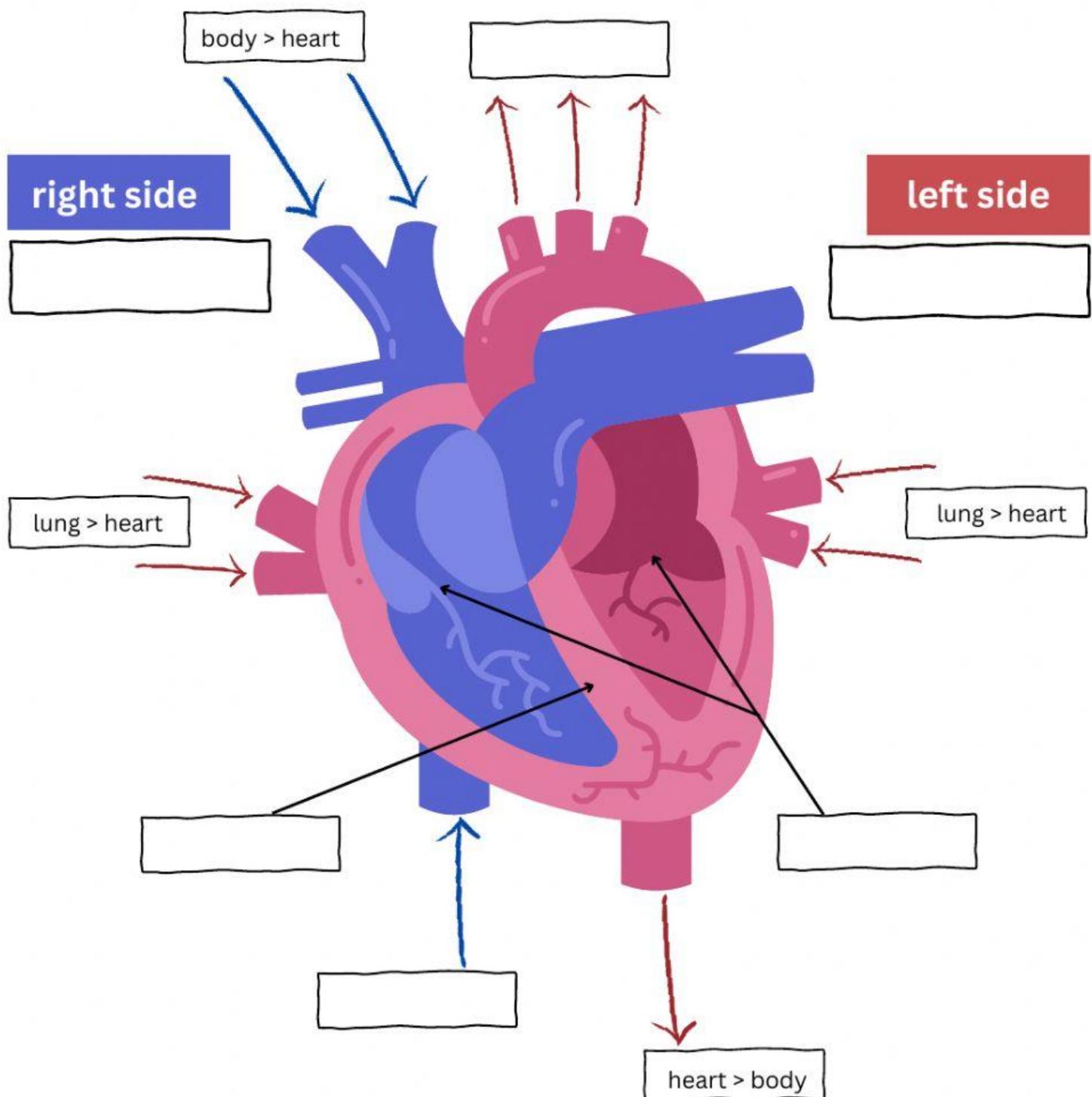
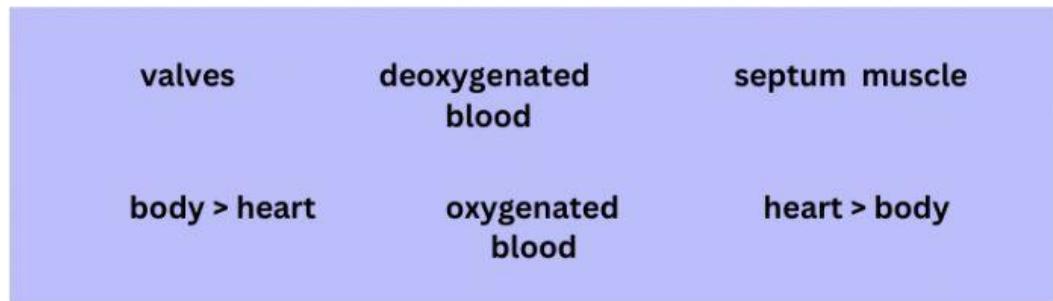
f) What happens if carbon dioxide is not pushed out?

we die immediately / the brain can't access glucose / we can't breathe

g) Which blood vessels take oxygen from the alveoli in lungs to the blood?

the capillaries / the veins / the arteries

6. Complete the diagram of the heart. Move the labels.

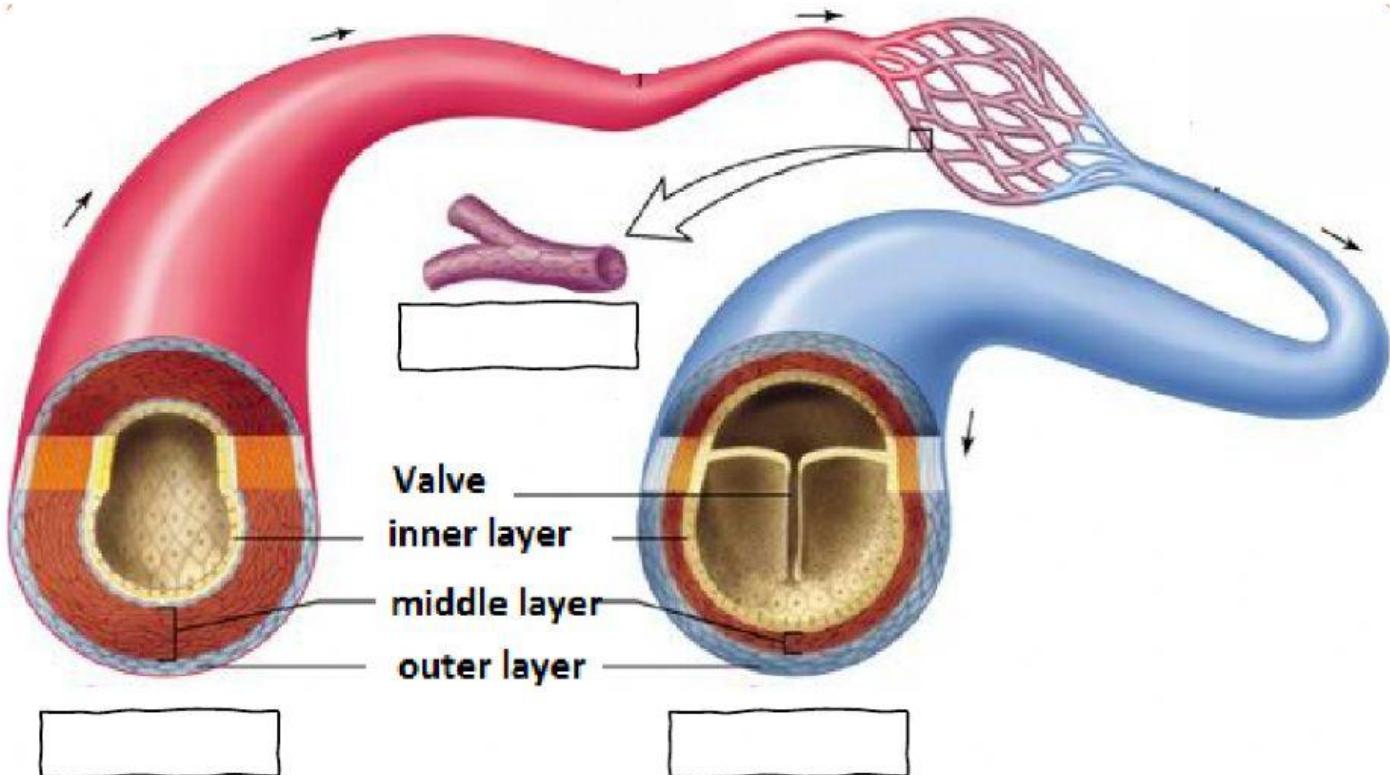


7. Choose the correct name for the blood vessels.

capillary

vein

artery



8. How is the circulatory system connected to the digestive, respiratory and excretory systems? Read carefully and choose the best answer.

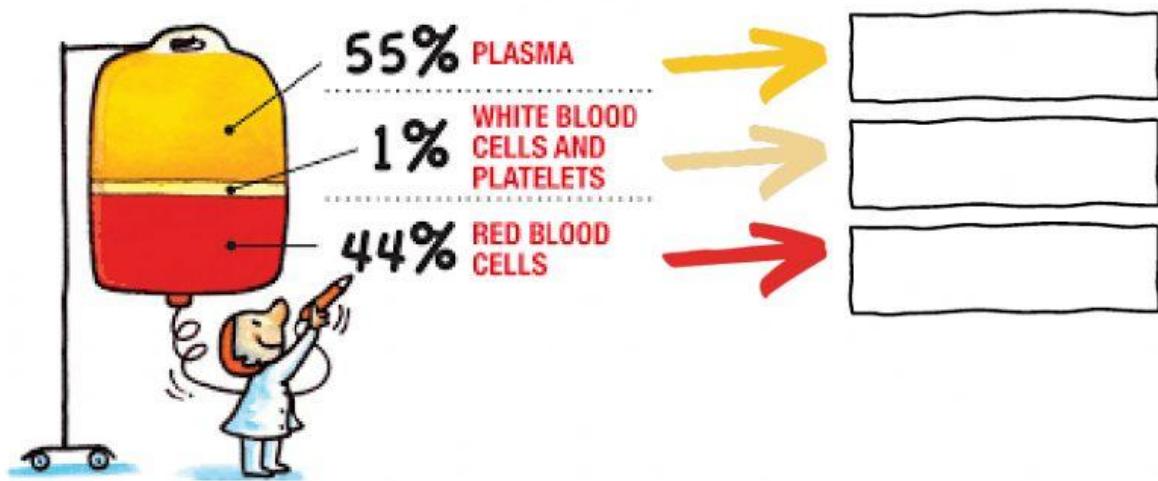
The circulatory system transports **nutrients** to our **cells** and takes **waste** products to the **lungs** and **kidneys**.

The circulatory system transports **nutrients** from our **stomach** and cleans **energy** from the **blood**.

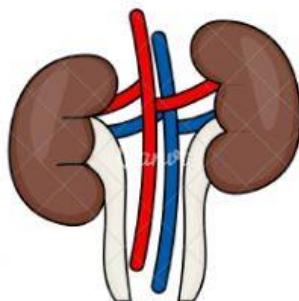
The circulatory system transports **waste** from our **stomach** and takes **nutrients** to the **kidneys**.

The circulatory system transports **carbon dioxide** from our **intestines** and takes **nutrients** to the **heart**.

9. What are the functions of the components of the blood? Click and choose.



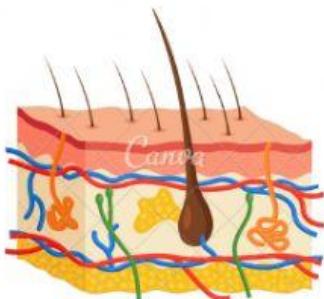
10. Complete the sentences about the excretory system. Click and choose.



- a) The kidneys filter _____ to remove waste.
- b) Waste travels down the _____ to the _____.
- c) Kidneys filter the blood _____ times a day.



- d) Waste mixed with water makes _____.
- e) Urine leaves the body through the _____.
- f) _____ in the bladder signal the brain to go the toilet.



- g) The epidermis contains _____ glands.
- h) Sweat helps to eliminate _____, minerals and water.
- i) Sweating also helps to control the body's _____.