

# Natural Science, Unit 2: Nutrition

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

9 metres   absorbing   expelled   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.

teeth, tongue and saliva      anus      large intestine

bolus      stomach      oesophagus      small intestine

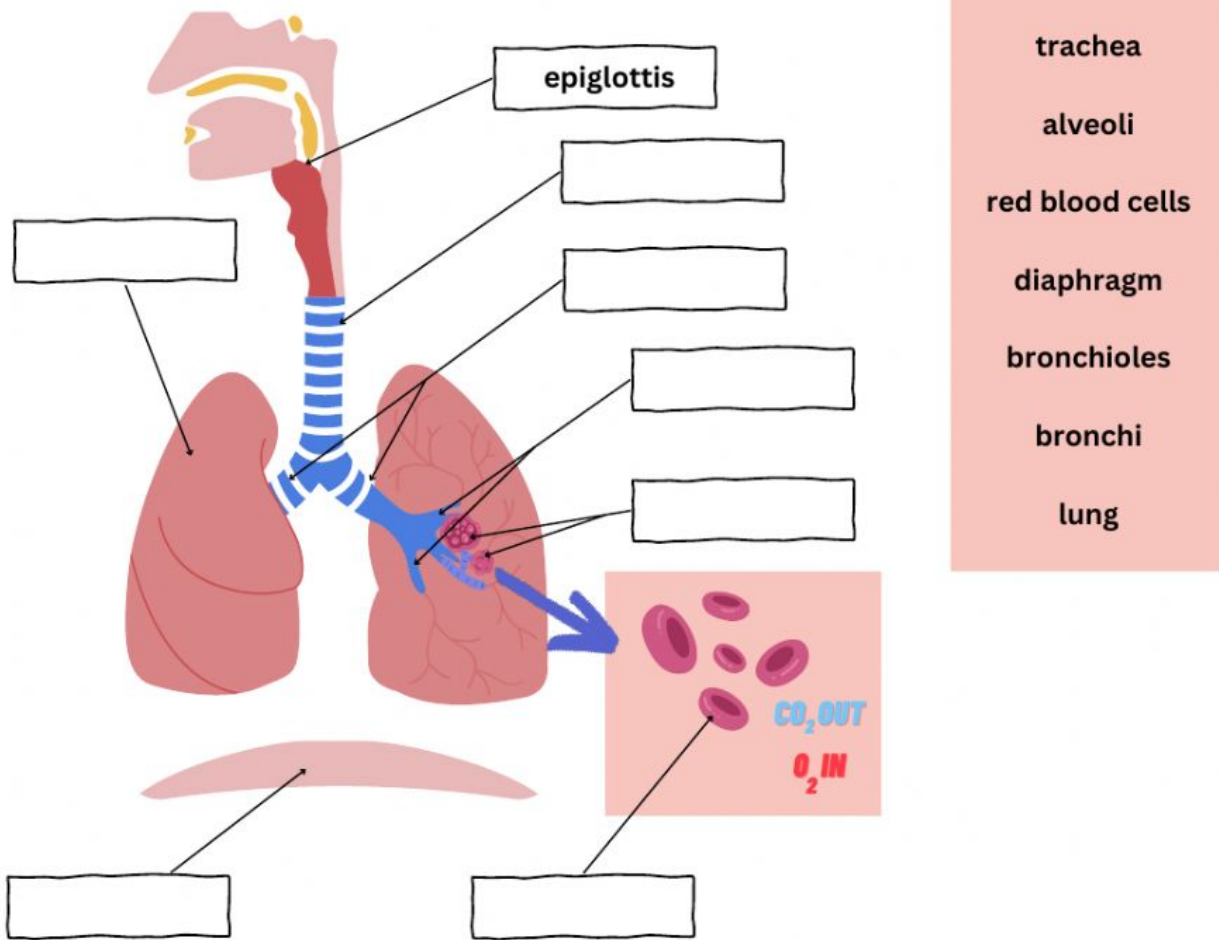


- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

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.

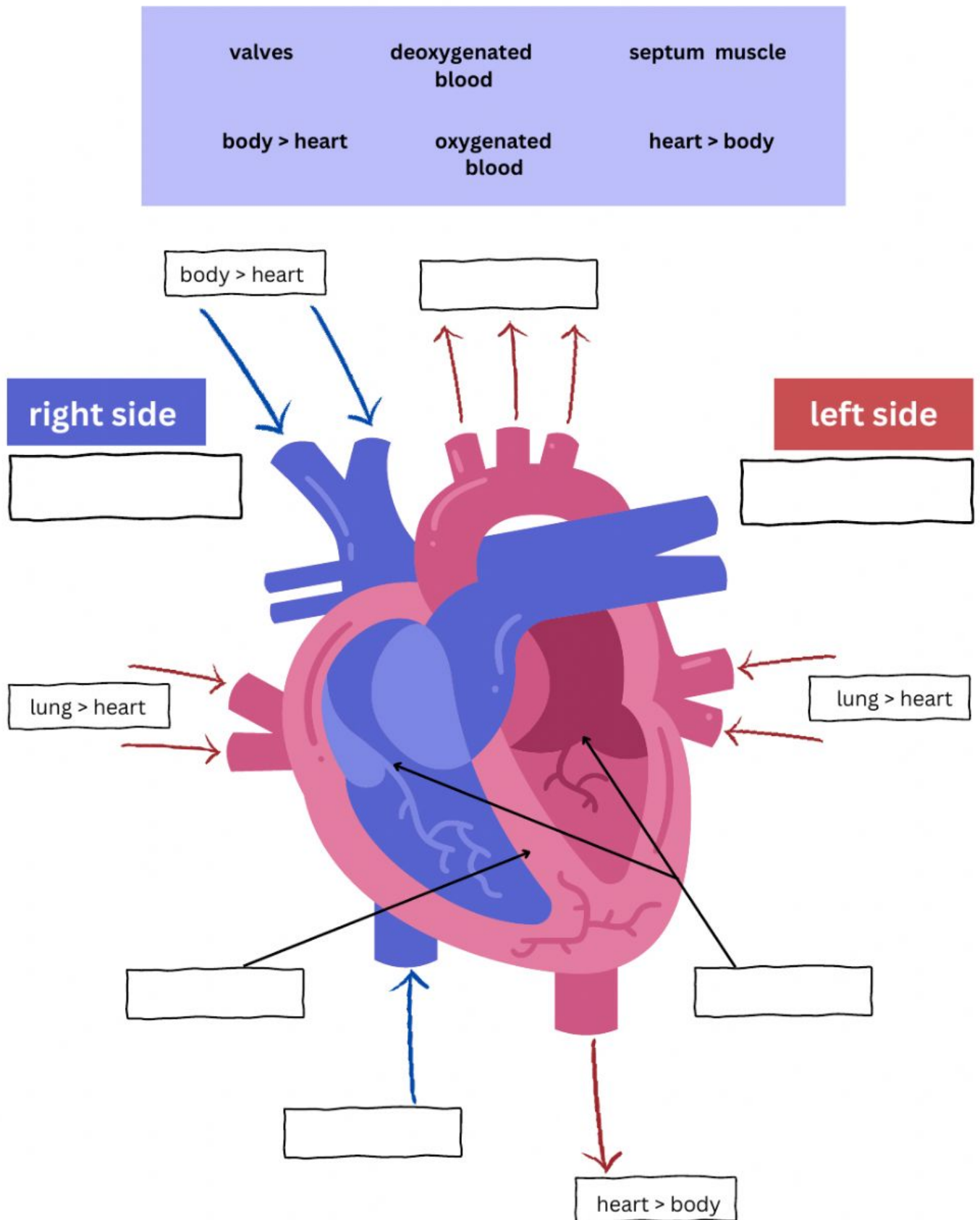
4. Label the parts of the respiratory system.



5. Click and choose the correct answer.

- Name the sacs that exchange O<sub>2</sub> from the air and CO<sub>2</sub> in the blood.  
*lungs / alveoli / bronchioles*
- What stops food and liquid entering the lungs?  
*diaphragm / bronchi / epiglottis*
- Which muscle pushes and pulls the lungs to inhale and exhale?  
*pectoral muscles / abdominal muscles / the diaphragm*
- Which tubes take air to the alveoli to exchange gases?  
*the oesophagus / the bronchus / the bronchioles*
- How do we use oxygen in the body?  
*to make energy and new cells / to absorb nutrients / to do exercise*
- What happens if carbon dioxide is not pushed out?  
*we die immediately / the brain can't access glucose / we can't breathe*
- 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.

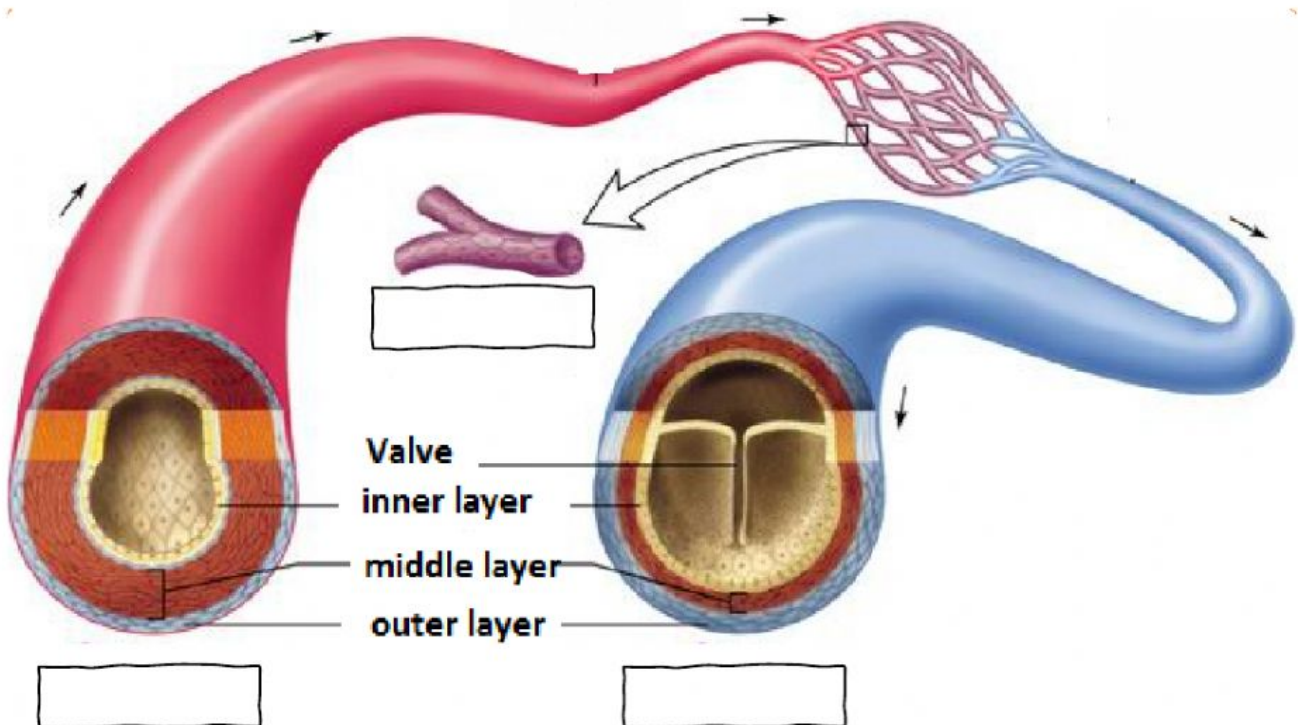


7. Choose the correct name for the blood vessels.

capillary

vein

artery



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

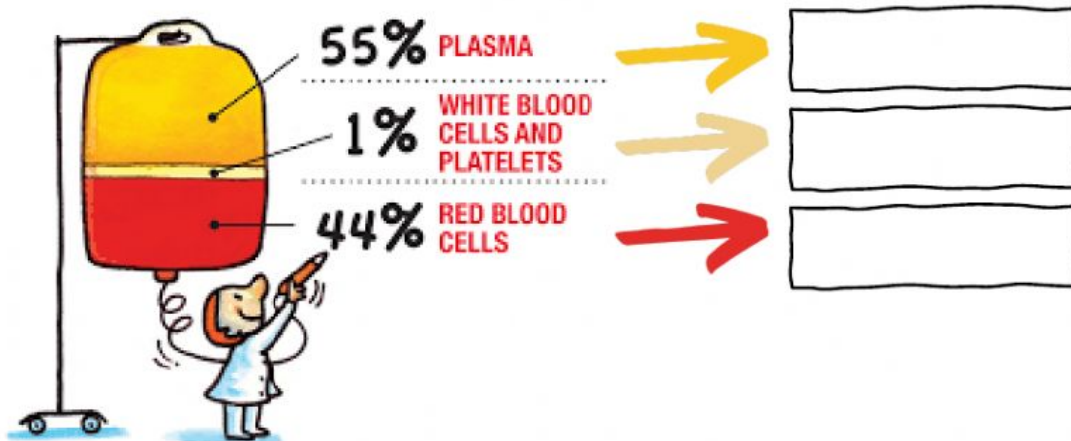
The circulatory system transports **nutrients** to our **cells** and takes **waste** products to the **lungs** and **kidneys**.

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.



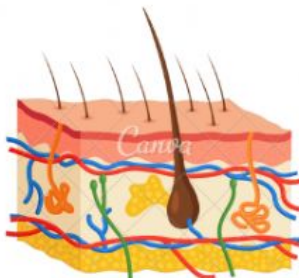
10. Complete the sentences about the excretory system. Click and choose.



- 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 \_\_\_\_\_.