

1. Complete with the words in the box.

Stomach

Small intestine

Mouth

Large intestine

Digestive system

Esophagus

Our _____ helps us to get the nutrients we need from food.

1. The _____ has **teeth** that break the food into small pieces and a **tongue** that mixes the food with **saliva** so it's easy to swallow.



2. The _____ is a **long tube**. Food goes down here to the stomach.

3. The _____ is like a bag. The food stays here for about three hours. **Gastric juices** break down the food even more and turn it into a thick liquid. The thick liquid leaves the stomach and goes into the small intestine.

4. The _____ is a very long thin tube. There are lots of blood vessels around the tube. The thick liquid from the stomach goes through here and the nutrients pass into the blood.

5. The _____ is a wide tube. It connects to the **anus**. What our body doesn't need goes along here and out through the anus when we go to the toilet.

2. Match.

Our excretory system

Helps us to get the nutrients we need from food.

Helps our bodies to get rid of excess water and waste products.

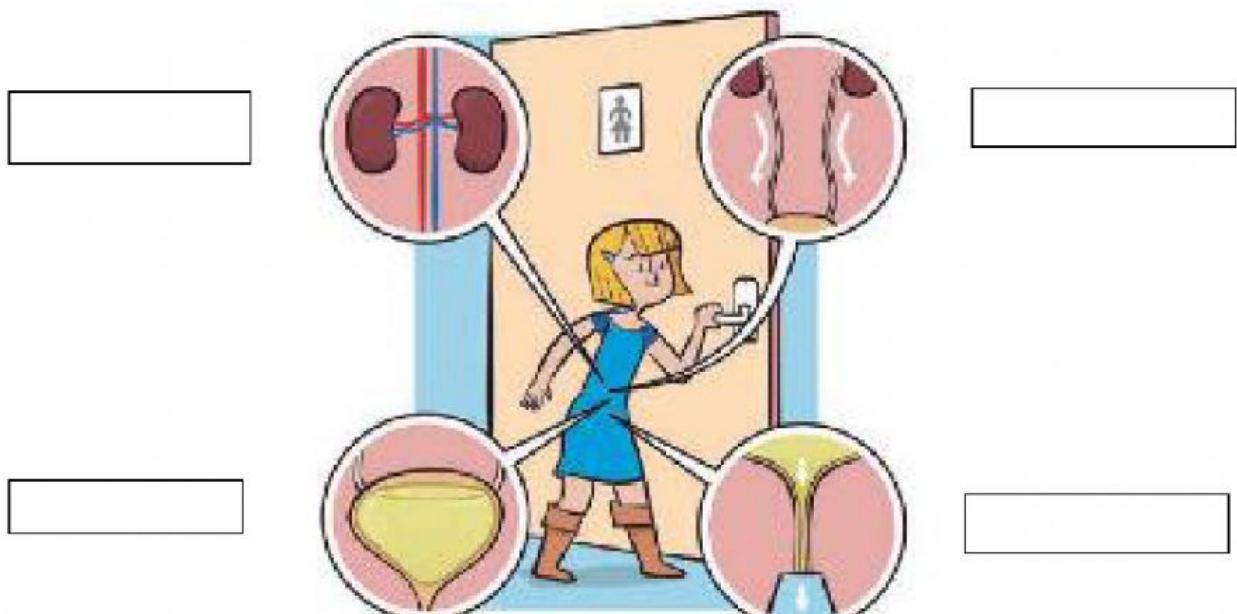
3. Complete with the words in the box.

Urethra

Bladder

Ureters

kidneys



4. Copy.

Food contains the nutrients we need to live and grow. Different food contains different nutrients.

There are five types of nutrients: carbohydrates, fats, proteins, vitamins and minerals

Food contains the nutrients we need to live and grow. Different food contains different nutrients.

5. Match.

Proteins	Carbohydrates	Fats	Vitamins and minerals
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6. Write in your notebook the food in the order of how often you should eat it.

Crisps	yogurt	salad	bread	lentils
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