


## Food is a source of energy

**Activity:** write the correct digestion process.



### WRITE THE DIGESTION PROCESS

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Nutrients get absorbed

The large intestine is responsible for expelling waste through the anus

Intestinal juices help to digest the food.

The stomach juices mashes the food and turns it to paste




Wastes is realiced

The food is chewed and mixed with saliva.


The food moves into the stomach.



The food moves to the food tube/ esophagus.

The small intestine is in charge of processing urine














2. Write your favorite weekly menu.

Weekly Menu						
	Monday	Tuesday	Wednesday	Thursday		
Breakfast						
AM Snack						
PM Snack						

3. Drag the food groups and paste under the picture.

FOOD CLASSIFICATION		
		
		
		

Vitamins (R)

Proteins (B)

Fats (E)

Legumes (B)

Carbohydrates (E)

Minerals (R)

Sweets (E)

Dairy products (B)

Flours (E)

4. Write 12 examples for each one food groups.

FOOD CHART: EAT SOMETHING FROM EACH GROUP EVERY DAY		
REGULATORY	BUILDER	ENERGETIC
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Fruits, vegetables and water

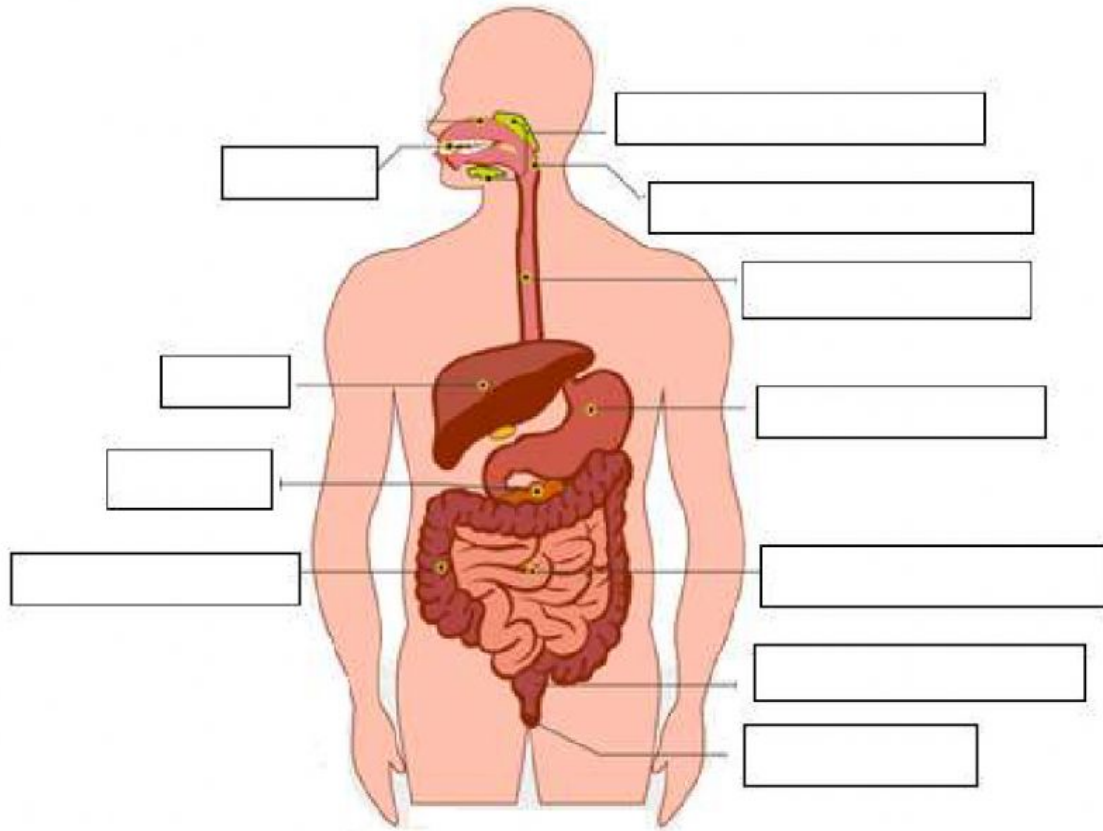


Dairy products, eggs, fish, meat and legumes



Flours, sweets, oils and fats

5. Join the parts of the system digest.



Small Intestine

Liver

Large intestine

Mouth

Rectum

Anus

Pancreas

Stomach

Esophagus

Pharynx

Salivary glands