



NATURAL SCIENCE - 4º

HUMAN NUTRITION

1. Look at this picture, drag and drop the processes involved in nutrition.

The processes involved in nutrition



We take in
oxygen.

We eat food
and extract the
nutrients it
contains.

We distribute
food and use it.

We eliminate
waste matter.



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2. Look at the pictures and write the names of systems.



system.



system.



system.



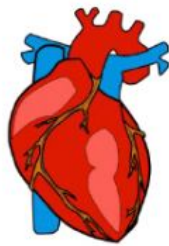
system.



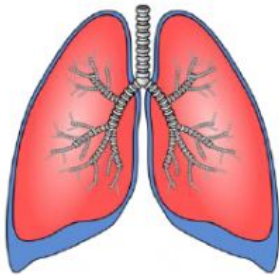
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3. Match each organ with its name.



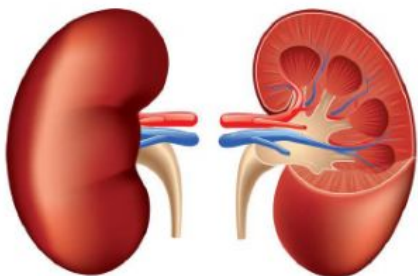
lungs



heart



kidneys



large intestine



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4. Drag and drop.

Inhalation

The lungs inflate because the diaphragm contracts. Air enters the lungs.

Exhalation

The lungs deflate because the diaphragm relaxes. Air leaves the lungs.





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5. Read and choose true or false.

The *respiratory* system produces and expels
the urine.

The *circulatory* system transports substances
around the body.

The *excretory* system takes air into the body,
extracts oxygen and expels carbon dioxide.

The *digestive* system transforms food,
absorbs nutrients and expels waste.