

Week 9 : online (Nov. 2nd – 6th)

## Natural Science. Unit 1: Nutrition

Summary, page 15 > Complete the text using these words.

nutrients - respiratory - vitamins - energy -  
oxygen - fats - smoking - digestive -  
absorption - waste - balanced

Nutrition provides us with  and building materials. We obtain them from the  in food. There are five groups of nutrients: carbohydrates, , proteins,  and minerals, and water.

The digestive process takes place in the  system. It includes digestion,  of nutrients and elimination of . A complete and  diet maintains a healthy digestive system.

Respiration is the process by which we obtain the  our body needs. It takes place in the  system. Healthy respiratory habits include exercising regularly and avoiding .