

Unit 2

1. Complete the sentences using the words in the box

| | | | | |
|----------------|---------|-------|----------|------|
| cereals | brain | fibre | proteins | eggs |
| dairy products | calcium | fats | fruit | |

- Pasta, rice and _____ contain _____ and carbohydrates.
- _____ and vegetables are full of _____ and minerals.
- Milk and _____ contain _____.
- Meat fish and _____ contain proteins. _____ and iron help you build muscle and make you strong.
- Food rich in _____ help your _____ and nervous system.

2. Write the health problems.



3. Correct these sentences. Write the correct word or words

The circulatory system moves food through the heart and around body.

Blood gives your body nutrients and carbon dioxide.

The heart is divided into six parts.

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3. Order the sentences to describe how the respiratory system works.

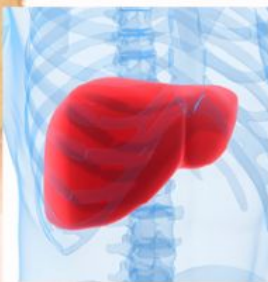
- ☐ Air goes through the trachea into your lungs.
- ☐ Oxygen is transferred to the circulatory system, where it moves around your body.
- ☐ You breathe in air through your nose and mouth.

4. Complete the text.

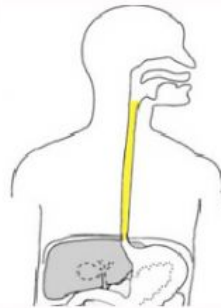
The digestive system is a group of organs that work together to help you digest . You take in food through your . It passes down the into your and intestines.

The intestines separate the nutrients from the waste and expel the from your body. The are absorbed into the system, where they move around the body.

5. Write the words under the pictures.



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6. Complete the sentences with parts of the excretory system.

The _____ clean the waste from your body.

The waste combines with water to make _____.

The _____ connect the kidneys to the bladder.

When the _____ is full, you have to go to the toilet.

Urine leaves the body through the _____.