

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.

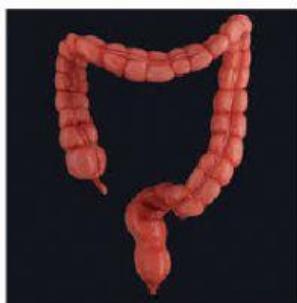
- Air goes through the trachea into your lungs.
- Oxygen is transferred to the circulatory system, where it moves around your body.
- You breathe in air through your nose and mouth.

4. Complete the text.

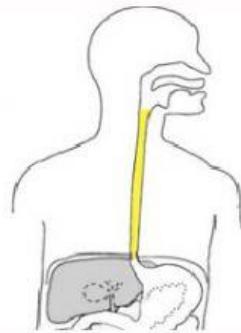
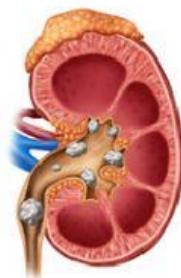
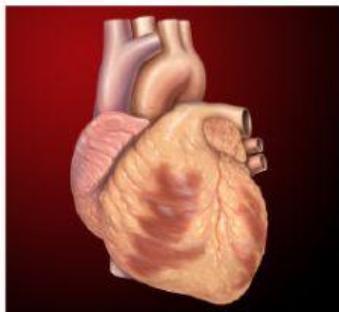
The digestive system is a group of organs that work together to help you digest . You take in food through your . It passes down the into your and intestines.

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 **kidneys** clean the waste from your body.

The waste combines with water to make **urine**.

The **ureters** connect the kidneys to the bladder.

When the **bladder** is full, you have to go to the toilet.

Urine leaves the body through the **urethra**.