

**1. Which unit is used to measure the amount of energy in foods we eat?**

☐ kg

☐ km

☐ kcal

☐ grams

**2. You burn calories when you move around, exercise, and do your daily tasks. Order the activities from the lowest to the highest number of calories used up.**

lowest



highest

|                                                                                   |                                                                                   |                                                                                   |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |
|                                                                                   |                                                                                   |                                                                                   |                                                                                     |

**3. Complete the sentence to describe the relationship between the type of activity and the number of calories used up.**

|                               |       |                             |
|-------------------------------|-------|-----------------------------|
| The greater the activity, the | ..... | calories of energy used up. |
|-------------------------------|-------|-----------------------------|

**4. Each image represents 100g of a type of food. Order the foods from highest to lowest amount of calorie content.**

highest



lowest

|                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1.                                                                                  | 2.                                                                                  | 3.                                                                                   | 4.                                                                                    |
|  |  |  |  |



Name: \_\_\_\_\_

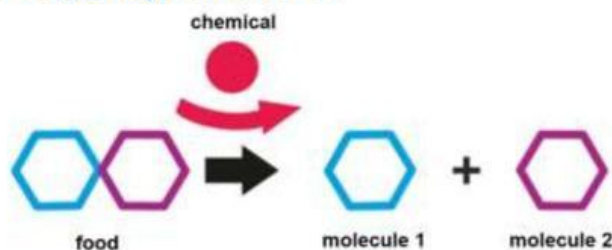
Date: \_\_\_\_\_

Class: \_\_\_\_\_

5. Use different colors to highlight and match the correct sentences. The first one has been done for you.

| Starter sentence                                                | End sentence         |
|-----------------------------------------------------------------|----------------------|
| The breakdown of food occurs in the                             | mouth and stomach    |
| The breakdown of food into smaller pieces is called             | villi                |
| Absorption of food into the blood happens in the                | digestive system     |
| In the small intestine, food is absorbed into the blood through | mechanical digestion |
| Mechanical digestion happens in the                             | small intestine      |
|                                                                 | chemical digestion   |

6. This image shows food broken down through the process of digestion. Which type of digestion does the image represent? Give 2 reasons to support your answer.



|                           |                  |
|---------------------------|------------------|
| <b>Type of Digestion:</b> |                  |
| <b>Reason 1:</b>          | <b>Reason 2:</b> |
|                           |                  |



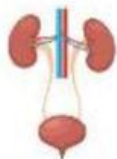
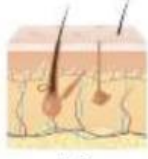
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

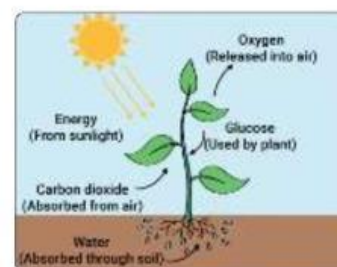
## 7. Drag and drop to identify the system that removes each type of waste from the body.

| Carbon Dioxide | Liquid Waste | Solid Waste | Extra Salt |
|----------------|--------------|-------------|------------|
|                |              |             |            |

|                                                                                                                  |                                                                                                                  |                                                                                                                            |                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|  <p><b>excretory system</b></p> |  <p><b>digestive system</b></p> |  <p><b>skin integumentary system</b></p> |  <p><b>respiratory system</b></p> |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|

## 8. This image shows the process of photosynthesis.

Use this image and the word bank to describe how energy is obtained and how waste is removed from plants.



During photosynthesis, plants make their own food in organs called \_\_\_\_\_. Plants use \_\_\_\_\_ energy, water, and carbon dioxide to make \_\_\_\_\_ for energy and a waste gas called \_\_\_\_\_. The \_\_\_\_\_ carries glucose from the leaves to cells to make \_\_\_\_\_. The **xylem** carries water from the \_\_\_\_\_ to the rest of the plant. Plants take in carbon dioxide and remove water vapor and oxygen as \_\_\_\_\_ through tiny openings in the leaves called \_\_\_\_\_.

| Word Bank |         |        |        |        |
|-----------|---------|--------|--------|--------|
| stomata   | light   | leaves | energy | phloem |
| roots     | glucose | xylem  | waste  | oxygen |