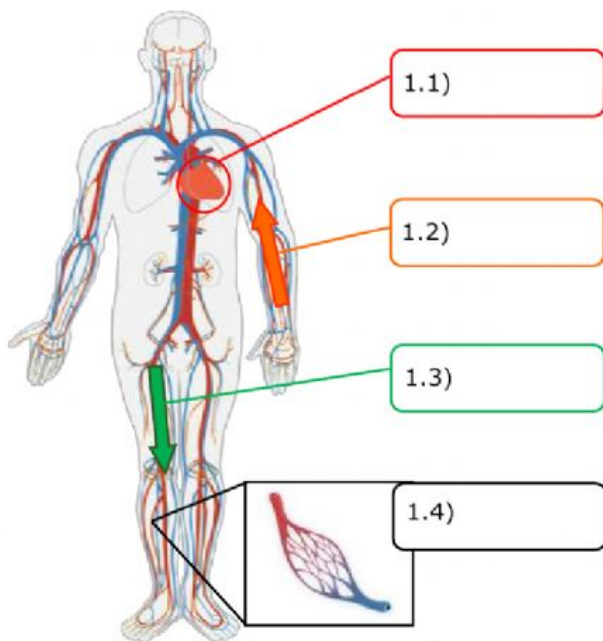


1. Choose the organ of the circular system and then write the names on the definitions.



_____: they carry blood **from the organs** to the heart.

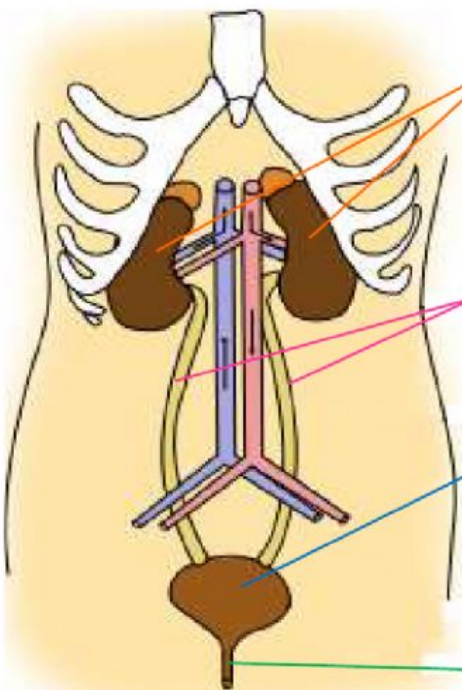
_____: it **pumps blood** around the body.

_____: they bring blood **from the heart** to the organs.

_____: the **oxygen and nutrients** are **exchanged** in this blood vessels.

Page 1

2. Complete the diagram by choosing the organs of the urinary system.



2.1) _____: these organs **clean the blood** and eliminate waste substances.


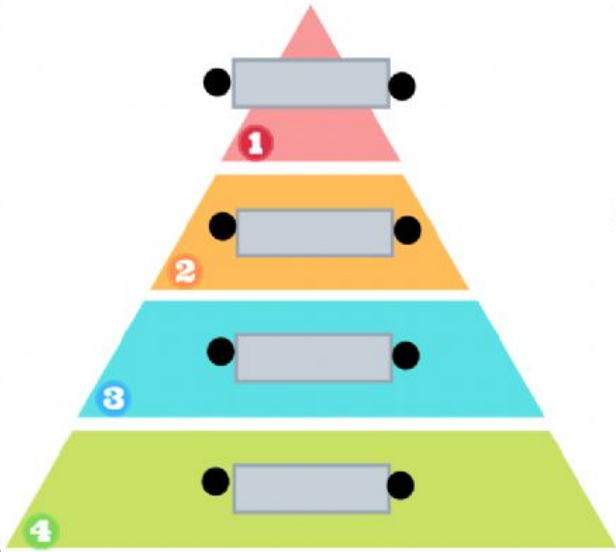







2.2) _____: tubes that take urine **from the kidneys to the bladder**.

2.3) _____: this organ **stores the urine**.

2.4) _____: this tube takes the **urine outside of the body**.

Page 2

3. Choose the nutrients of the food pyramid and match the food that belongs to each group.

<p>Pasta and bread</p> 		<p>Dairy products and eggs.</p> 
<p>Chicken and fish</p> 		<p>Potatoes and rice.</p> 
<p>Fatty fish and olive oil</p> 		<p>Vegetables</p> 
<p>Fruits</p> 		<p>Chocolate and nuts.</p> 

4. Choose the correct nutrient to complete the definitions.

Carbohydrates

We must eat this food **two or three times a week**. It makes our muscles stronger and give our body the nutrients we need for **growth** and **repair**.

Vitamins and minerals

We must eat this food **every day**. This nutrient gives our body **energy**.

Fats

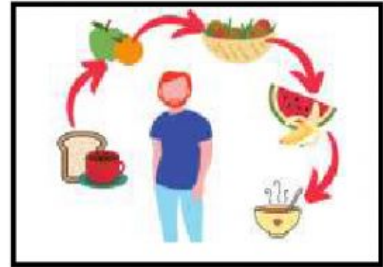
We must eat this food **every day**. They help our immune system and **prevent illness**.

Proteins

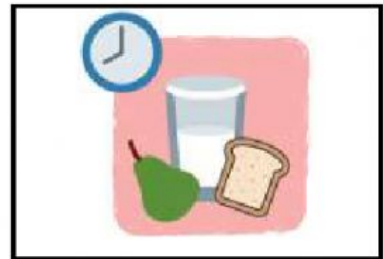
We must eat this food **occasionally**. This nutrient gives our **body energy**.

5. Complete the sentences and match them with their image.

Always eat _____. It's the most important meal of the day. It gives us the _____ we need until lunch.



Avoid eating an excess of _____. Your body stores the one it doesn't use. This is _____ for your health.



Eat _____ times a day: breakfast, lunch, dinner and a piece of _____ or a yogurt between meals.



Eat the correct quantity of _____ for your body. A lack of _____ means we can get ill.

