

Human Nutrition (unit 1 study)

Our bodies need _____ to work.
These systems work together during nutrition.

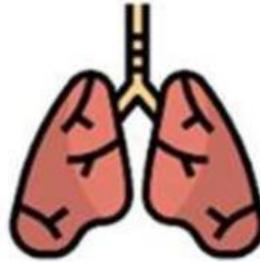
I. Digestive System

The _____ we receive in the form of food and drink is processed by the digestive system.



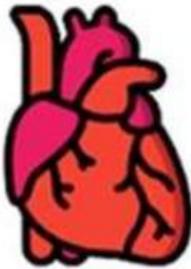
2. Respiratory System

The respiratory system extracts _____ and uses it to convert the nutrients into _____.



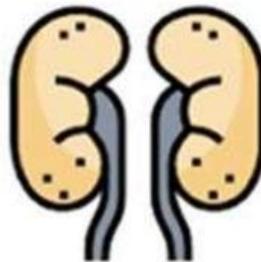
3. Circulatory System

The circulatory system _____ this energy to different parts of the body.



4. Excretory System

The excretory system gets rid of unwanted or _____ substances.



The Digestive system

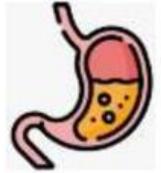


The **digestive system** helps us to _____ the **nutrients** from the _____ we eat to give it to the _____ in our bodies. It also _____ waste products.

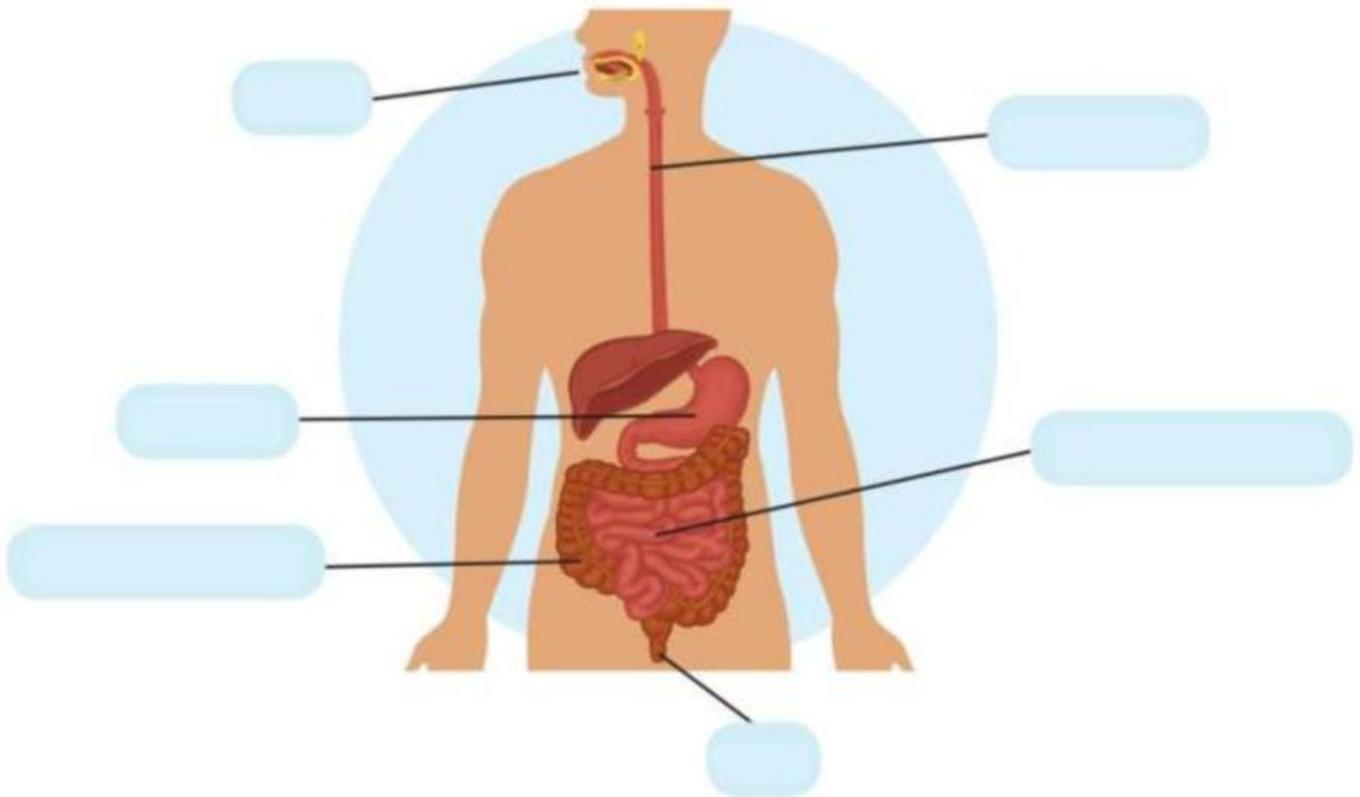


1. _____ **chew** and **break** the food into smaller pieces in the **mouth**.

2. _____ is **pushed down** the **esophagus** by muscular movements.
3. **Food** enters the **stomach** where _____ make food pieces even smaller.
4. _____ from food are **absorbed** in the **small intestine**.
5. **Nutrients** are absorbed into the _____.
6. _____ passes through the **large intestine** where _____ is absorbed.
7. **Waste** in the form of _____ goes out the _____.



Label the different parts of the digestive system

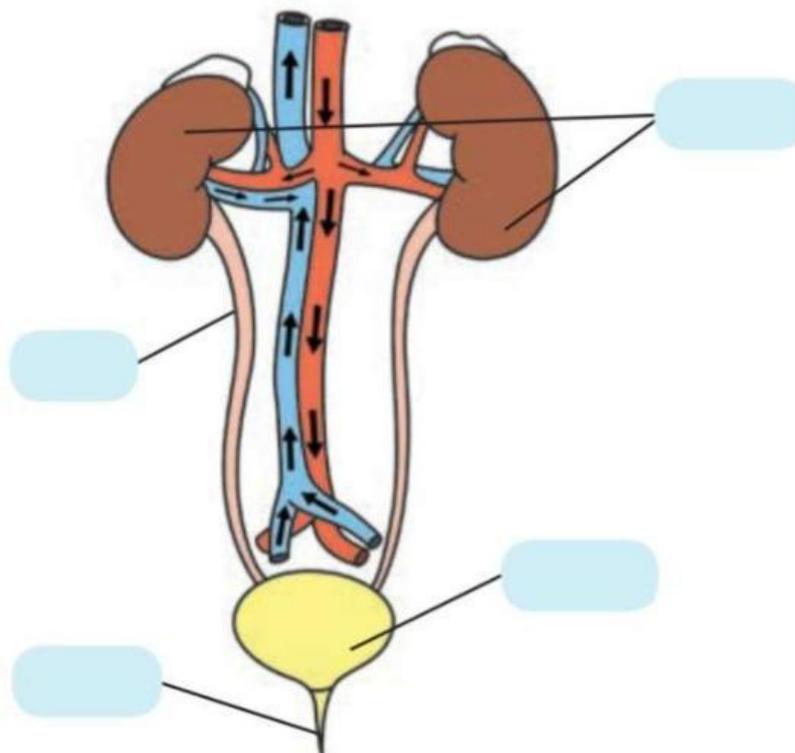


The Excretory system

- The **excretory system** _____ waste from the body in the form of _____.

- The **kidneys** _____ the waste from the _____.
- The **urine** from the **kidneys** _____ the **ureters**.
- The **urine** _____ in the **bladder**.
- The **urine** _____ the body from the **urethra**.

Label the different parts of the excretory system



What is the difference between the waste that comes out of the digestive system from the excretory system?

The waste that comes out the **digestive system** is a _____ mass, known as poo (where the _____ has been absorbed back into the body), and the waste that comes out of the **excretory system** is all the toxic material that is found in the _____ and filtered by the _____. This waste comes out as a _____ (urine).