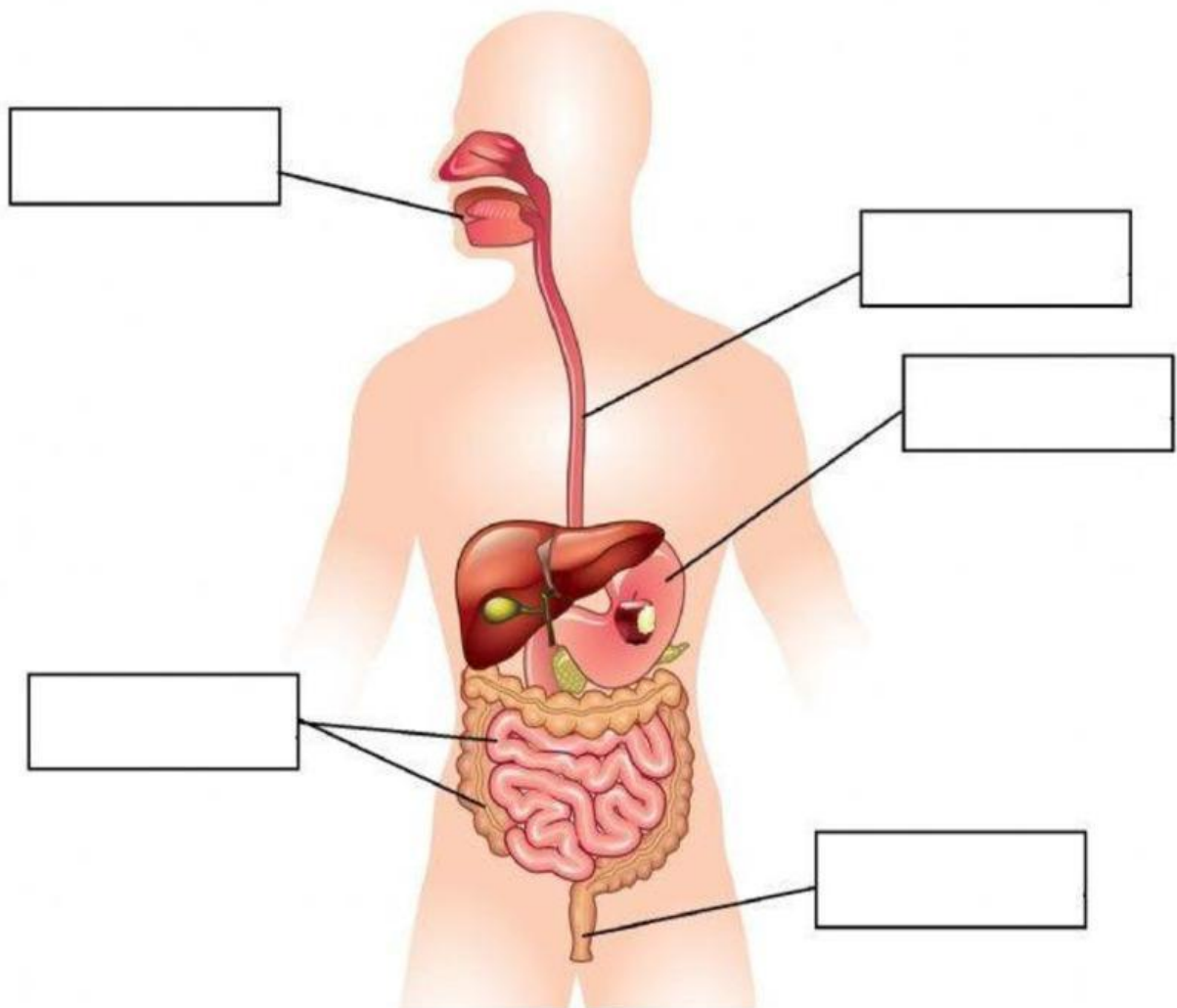


NAMA _____

Assessment

The Digestive System

Label the digestive parts in this diagram.



mouth

stomach

Intestine

Oesophagus

anus

Classes of Food

Food
Class

Importance of food



Provide energy



For growth



Insulation and store energy



For health maintenance



For health maintenance



To prevent constipation



Regulate body temperature

Mineral

fibre

fat

water

carbohydrate

vitamin

protien

Effect Imbalance Diet

1. A higher intake of fatty food

2. Eating too much candies

3. Not eating enough fruits and vegetable

4. Eating too much salty food and salt

May cause dental caries
May lead to obesity
May cause constipation
May lead to high blood pressure

Flow Of Food

mouth

