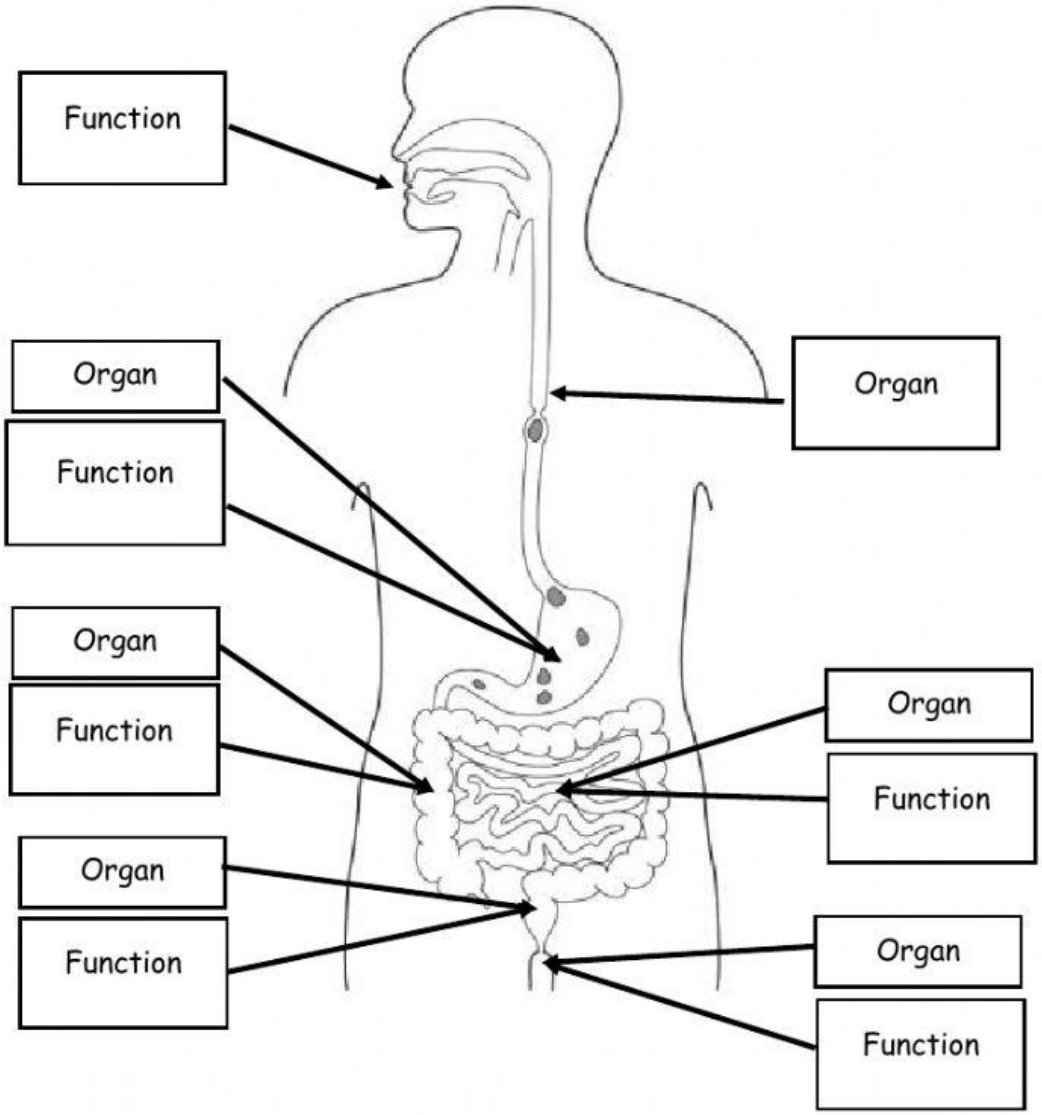
Drag and drop the boxes below to label the diagram. Make sure to put them in their assigned spaces (either organs, e.g.: mouth, or function, e.g.: Chewing).

| | | | | | |
|---|---|---|---|---|---|
| Food is mixed with saliva. | oesophagus | Enzymes break up large molecules. | This is where faeces are egested. | Water is removed. | Acid (pH 1–2) is mixed with the food. |
| stomach | anus | large intestine | small intestine | rectum | Faeces are stored here. |




LIVEWORKSHEETS

## 8Aa

1 Someone's diet is:

A what they eat to lose weight.

B what they eat.

C the amount of money they owe.

D measured in kilograms (kg).

2 A nutrient found in many foods is:

A carbohydrate. C energy.

B potato. D carbon dioxide.

3 Water is important for your body because:

A it is a source of fibre.

B it is a source of energy.

C it can be a solid, a liquid or a gas.

D it can dissolve substances.

4 What is used to test a food for starch?

A iodine solution C a piece of paper

B Benedict's solution D sugar

## 8Ab

1 Our bodies need food as a fuel for:

A nutrition. C respiration.

B excretion. D combustion.

2 Good sources of protein are:

A meat, fish and nuts.

B fruits and vegetables.

C pasta, potatoes and rice.

D fruit juices.

3 Proteins are mainly used in the body for:

A energy. C growth and repair.

B digestion. D strong bones.

4 Which of these people will need to eat food containing the most energy in a day?

A a 3-year-old child

B an 85-year-old woman

C a 35-year-old man who works outside cutting down trees

D a 25-year-old woman who works in an office using a word processor

## 8Ac

1 You have a balanced diet when:

A the mass of all the food you eat in a day adds up to 100 kg.

B the mass of all the food you eat one day is equal to the mass you eat the next day.

C you eat foods containing the right amounts of all the different nutrients.

D you only eat fish.

2 The table shows Reference Intakes for 11 year olds.

| | RIs for boys | RIs for girls |
|---|---|---|
| energy | 9290 kJ | 7720 kJ |
| carbohydrate | 275 g | 230 g |
| protein | 42 g | 41 g |
| fat | 85 g | 70 g |
| fibre | 20 g | 20 g |
| vitamin A | 600 µg | 600 µg |
| vitamin C | 35 mg | 35 mg |
| calcium | 1000 mg | 800 mg |
| iron | 11 mg | 15 mg |

Which nutrient do girls need more of than boys?

A vitamin C C energy

B iron D carbohydrate

3 Which of these problems cannot be caused by eating too much sugar?

A malnutrition C tooth decay

B obesity D starvation

4 A disease that causes weak bones that do not form properly is:

A rickets. C scurvy.

B arthritis. D measles.

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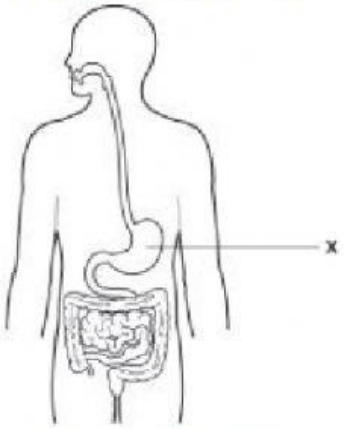
## 8Ad

1 Which organ is labelled **X** in the drawing?




**A** small intestine **C** liver

**B** stomach **D** mouth

2 In the diagram in question 1, what does the organ labelled **X** do?

**A** It mixes up food with acid and breaks down proteins.

**B** It adds vitamins to the food.

**C** It takes the water out of the food.

**D** It stores waste food until it can be got rid of.

3 In digestion:

**A** soluble food substances are made into insoluble ones so that they can be taken in by the small intestine.

**B** insoluble food substances are broken up into soluble ones so that they can be taken in by the small intestine.

**C** soluble food substances are made into insoluble ones so that they can be stored inside the body until needed.

**D** insoluble food substances are broken up into soluble ones so that they can form waste.

4 The main chemical substances used to digest foods are:

**A** vitamins. **C** bacteria.

**B** digestifs. **D** enzymes.

**Complete the following sentences by using the suggested words:**

1. What we eat is called our _____. Our food contains _____ and other food substances that we need, such as water and _____.

2. Starch is a type of _____that is found in bread, _____ and potatoes. _____ are carbohydrates found in sweet things.

3. Fats are found in foods such as milk, cheese and _____. Liquid fats are called _____.

4. _____ are found in foods such as meat, fish, milk, eggs and _____. Proteins are needed for and _____.

5. Vitamins and are needed for health, and are often found in _____ and vegetables.

6. Oranges contain a lot of _____. A very good source of calcium is _____.

LIVEWORKSHEETS

7. We need carbohydrates for _____. Carbohydrates act as the main _____for our bodies.

8. The amount of energy in a food is measured in _____. More _____ people need more carbohydrates than less active people. Generally, older people need to eat foods containing _____ energy than teenagers.

9. If someone gets more energy from foods than they need, they may become _____. This is because the body turns unused carbohydrates into _____.

10. Fats (which are a type of _____) can also be used for _____. Fats are also used to help keep us _____.

Draw lines to match the different types of malnutrition with their symptoms and causes.

| Malnutrition | Symptoms | Cause |
|---|---|---|
| night blindness | bleeding gums | lack of food |
| obesity | very thin | too much food |
| rickets | poorly formed bones | lack of vitamin C |
| scurvy | poor eyesight in dim light | lack of calcium |
| starvation | very overweight | lack of vitamin A |

Fibre cannot be digested. Write the names of the organs listed in the box in the order that a piece of fibre would go through them.

| anus | gullet | large intestine | mouth | rectum | small intestine | stomach |
|---|---|---|---|---|---|---|

i _____ v _____

ii _____ vi _____

iii _____ vii _____

iv _____

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**Complete the following sentences by choosing the correct words:**

Digestion starts in the (stomach/mouth/small intestine). During digestion, digestive (juices/creams/lotions) are added to the food and these contain (endives/starch/enzymes) that break down the food into (smaller/insoluble/larger) pieces.

**Use the table below to answer the questions.**

| Enzyme | Where it is found | What it breaks down |
|---|---|---|
| amylase | salivary glands | starch |
| lipase | small intestine | fat |
| pancreatic amylase | small intestine | starch |
| pepsin | stomach | protein |
| trypsin | small intestine | protein |

a- Where are 'salivary glands' found? _____

b- Where do you think most digestion happens? Explain your reasoning using the table above. _____

c- Copy the table below. Put ticks (✓) in the boxes to show which parts of a sandwich will be digested in which parts of the digestive system. There can be more than one tick for each food.

| | Bread | Butter | Celery | Chicken |
|---|---|---|---|---|
| mouth | | | | |
| gullet | | | | |
| stomach | | | | |
| small intestine | | | | |

d- Enzymes often work best at different pHs. What pH do you think pepsin works best at? Explain your reasoning. _____

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