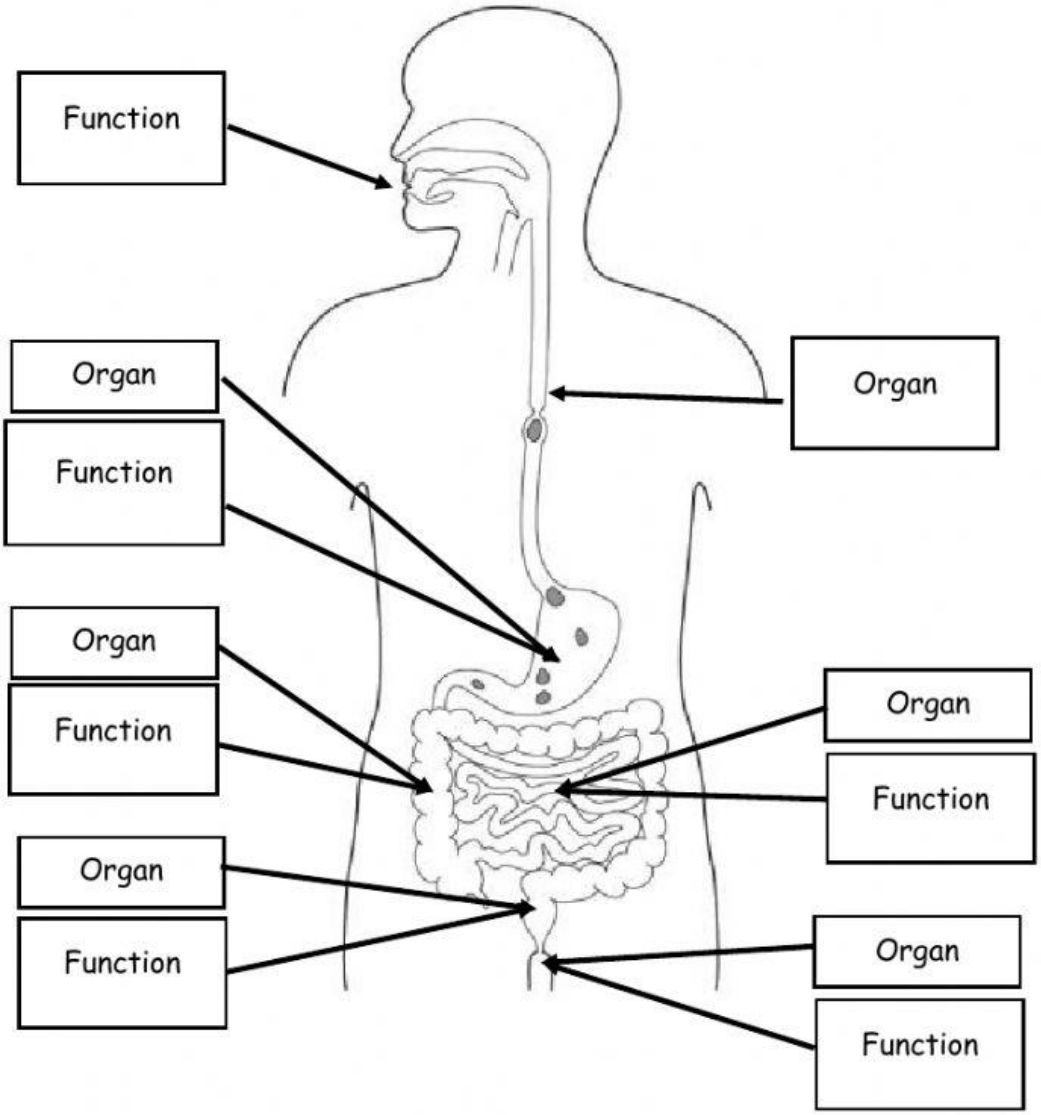
Drag and drop the boxes below to label the diagram. Make sure to put them in their assigned spaces (either organs, e.g.: mouth, or function, e.g.: Chewing).

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:

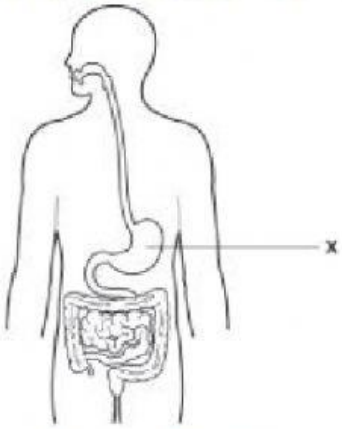
A rickets. C scurvy.

B arthritis. D measles.

LIVEWORKSHEETS

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 _____

ii _____

iii _____

iv _____

v _____

vi _____

vii _____

LIVEWORKSHEETS

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. _____

LIVEWORKSHEETS