Colegio Bernadette
Centro concertado bilingüe

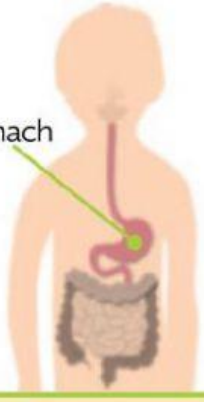
NUTRITION

The process of obtening energy from food is called _____.

There are four systems involved in nutrition:

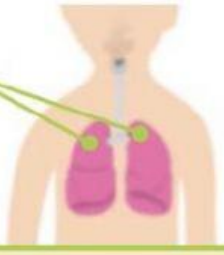
We digest food and absorb nutrients through our

stomach



We breathe air in and out through our . We need oxygen from air to obtain energy from food.

lungs



Our **blood** carries nutrients and oxygen around our body through the

heart

We expel waste from our body through our .

kidneys