



SJKT TAMAN TUN AMINAH

SCIENCE YEAR 4

Importance of excretion and defecation

1. Humans need to undergo excretion and defecation process to remove materials that are

_____ and

_____.

2. Write down the importance of excretion and defecation.

i. _____

ii. _____

3. List three ways the excretory process is performed by humans.

i. _____

ii. _____

iii. _____

4. State two practices that need to be done to ensure excretion and defecation go smoothly.

i. _____

ii. _____

to ensure a healthy body

urinating

Drink enough water

Get rid of toxins from the body

Take a balance diet

sweating

not useful to the body

Can control body temperature

breathing