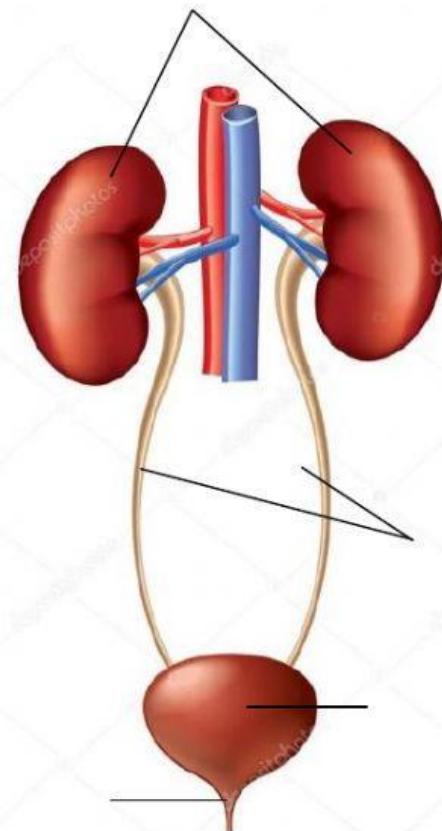
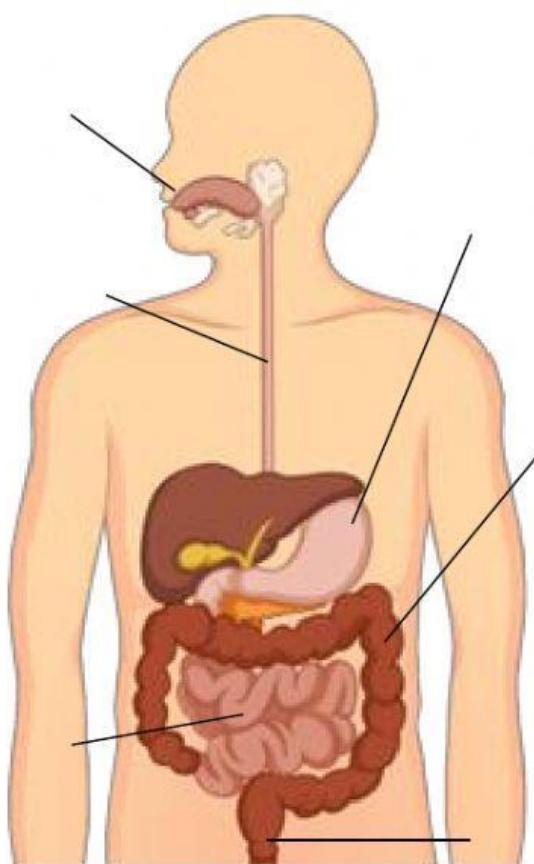


- Label the different parts of the digestive and excretory system.

MOUTH	ESOPHAGUS	LARGE INTESTINE	BLADDER	URETERS
ANUS	KIDNEYS	SMALL INTESTINE	URETHRA	STOMACH



Complete the text with the correct word.

Our _____ break the food into small pieces. The food goes down the _____ and into the stomach. The _____ in the stomach break down the food and turn it into a thick liquid. In the _____ the nutrients pass into the _____. The waste goes into the _____ and leaves the body through the _____.

- Which nutrients do these foods contain? Choose the correct one.

pasta :

cereals:

Bread:

rice:

potatoes:

Oil:

donuts:

carrots:

Chicken:

tomatoes :

eggs:

Chorizo:

Lettuce:

Fish:

Apple:

- Choose the correct nutrient to complete the definition.

help us to stay healthy.

help us grow. They make your hair and nails grow.

build a store of extra energy for when we need it.

give us energy to run, ride a bike and study.

- **True or false?**

- a) Foods with lots of sugar or fat are good for our health.
- b) We have to eat to some fruits and vegetables every day.
- c) We have to drink 3 or 4 glasses of water every day.
- d) We are healthy when we eat a variety of food.
- e) Vitamins and minerals in food can make us overweight.
- f) Carbohydrates give us energy to do different things.

- **Choose if these habits are healthy or unhealthy.**

- ✓ Go to bed early
- ✓ Do exercise before you go to sleep
- ✓ Stretch and warm up your muscles
- ✓ Sleep 10 hours every night
- ✓ Watch TV all day long.
- ✓ Do some exercise once a month
- ✓ Don't eat lots of fruit and vegetables
- ✓ Eat lots of sweets
- ✓ Brush your teeth after meals
- ✓ Drink water once a day
- ✓ Eat a variety of food