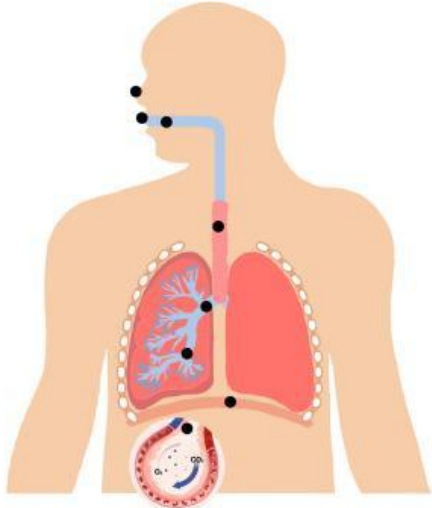


# SCIENCE REVIEW

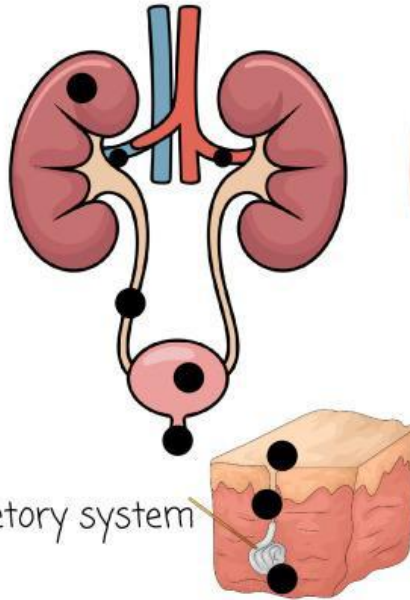
## about nutrition

Year 5

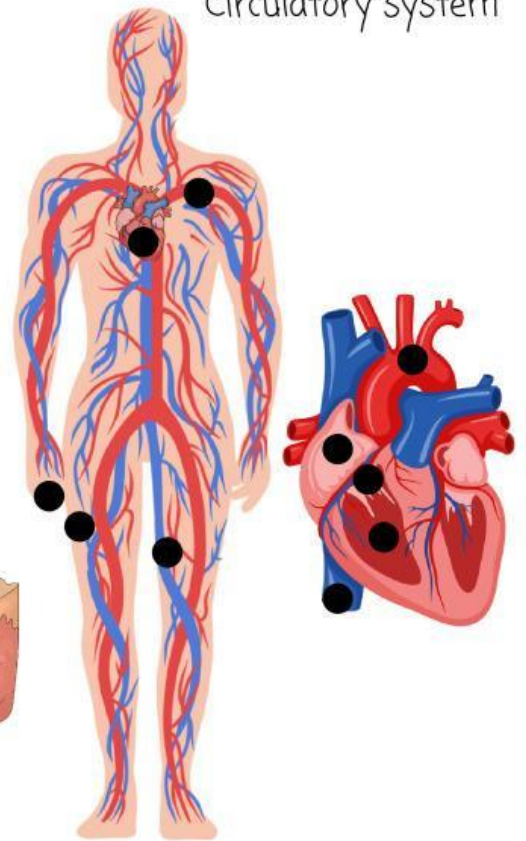
1. Label the organs/parts of these systems:



Respiratory system



Excretory system



Circulatory system

2. Match:

- Red blood cells
  - White blood cells
  - Platelets
  - Plasma
- protect us from illnesses.
  - carry the oxygen all around our body.
  - is a watery yellowish liquid.
  - stop bleeding.

3. Complete these processes:

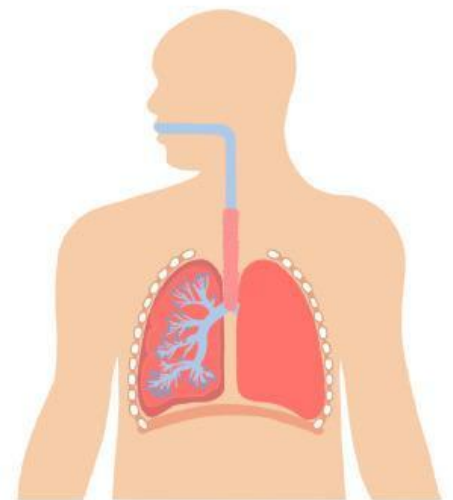
goes out- goes down - goes up - enters (x2) - passes into

First, the air ..... your nose our mouth.

Then, the air ..... the larynx, trachea, bronchi, bronchioles and it .....the alveoli.

Next, in the alveoli (covered in capillaries), the oxygen ..... the blood and the carbon dioxide .....

Finally, the air rich in carbon dioxide ..... your bronchioles, bronchi, trachea, nose or mouth.



4. Put the process in order by numbering (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>...)

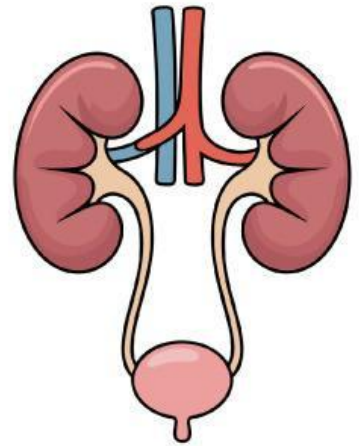
..... The urine goes down the ureters to the bladder.

..... The blood enters the kidneys through renal veins.

..... The kidneys produce the urine out of waste and excess water.

..... Then, the kidneys filter the blood and collect or remove the waste so the blood goes out of your body through the renal arteries.

..... The bladder stores the urine and when it is full, the urethra expels the urine.



5. Complete the double circulation process of blood:

**PULMONARY CIRCULATION**

First, the heart .....the blood to the lungs.

Then, in the lungs the blood ..... the oxygen and .....carbon dioxide.

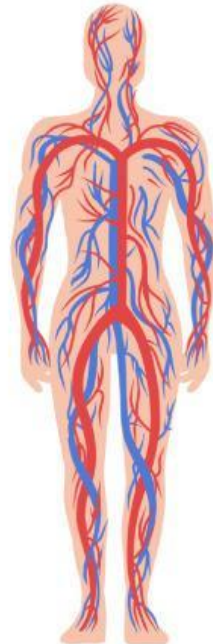
Later, the blood ..... to the heart.

**SYSTEMIC CIRCULATION**

Next, the heart ..... your blood all around your body, to all and each of your cells.

After that, the blood ..... the CO<sub>2</sub> and waste and ..... the O<sub>2</sub> and nutrients in the cells.

Finally, the blood ..... to the heart and the process repeats again and again.



6. Match each system to its function:

- The excretory system
- The digestive system
- The circulatory system
- The respiratory system
- ...provides the body with nutrients from food and it expels waste in the form of faeces.
- ...provides our body with oxygen and expels carbon dioxide.
- ...expels urine and sweat out of waste and excess water
- ...transports nutrients, oxygen, carbon dioxide and waste all around your body.

7. Complete these healthy habits with "should/ shouldn't" + verb

To take care of the **digestive system**...

- You ..... a balanced and healthy diet. 🍌🍌🍌
- You ..... your hands before eating. 🧼
- You ..... too cold or hot drinks or foods. 🌡️🧊

To take care of the **respiratory system**...

- You ..... fresh and clean air. 🌬️
- You ..... or vape. 🚫🚬
- You ..... some exercise. 🏃🏃🏃

To take care of the **excretory system**...

- You ..... a shower every day or every two days. 🚿
- You ..... your urine for too long. 🚽
- You ..... plenty of water. 💧

To take care of the **circulatory system**,

- you ..... your injuries (e.g. cuts) 🩹
- You ..... alcohol or energy drinks. 🚫🍷