



Key Vocabulary

Healthy In a good physical and mental condition

Nutrients Substances that animals need to stay alive

Energy Strength to be able to move and grow

Saturated fats Types of fats considered to be less healthy, only eaten in small amounts

Unsaturated fats Fats that give you energy, vitamins and minerals

Incisor teeth Your front teeth that bite and cut food

Canine teeth Teeth which tear and rip food

Premolar These teeth hold and crush food

Molar These teeth grind

DIGESTIVE SYSTEM

Digest Food is broke down so it can be used by the body

Oesophagus A muscular tube that moves food from the mouth to the stomach

Stomach Food is broken down here with stomach acid

Small intestine Part of the intestine where nutrients are absorbed

Large intestine Water is absorbed from remaining waste and stools are formed

Rectum Stools are stored here before leaving the body through the anus

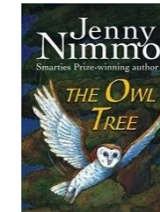
5 Facts

- I know that humans require a balanced diet to remain healthy – food plate.
- I know how to plan a healthy meal and can explain the different food groups using the food plate.
- I know that humans have molars (grind), canines (tear) and incisor (cut) teeth.
- I know some organs of the human digestive system – Oesophagus, liver, stomach, pancreas, intestine and anus – It breaks down food so the body can absorb the nutrients.
- I know how to look after your teeth – eating healthy, regular dentist visits, brushing teeth.

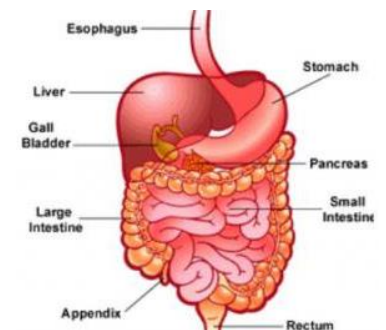
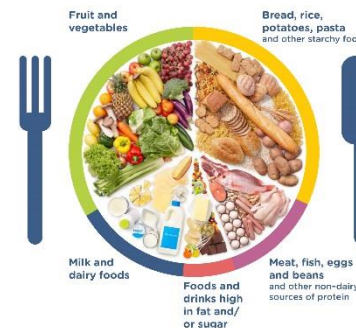
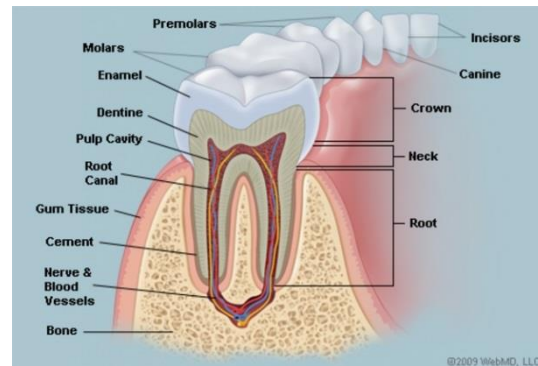


In The Garden

Kingfishers: Food, diet and Nutrition



The organs involved in the digestive system



The plate demonstrates the amount of each food group we should consume