



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

Key Information

- Examples of Nutrients are; Carbohydrates, protein, fibre, fats, vitamins, minerals and water.
- Living things need food to grow and to be strong and healthy. They do require a balanced diet
- Plants can make their own food but animals cannot
- To stay healthy humans need to exercise, eat a healthy diet and be hygienic
- You have different types of teeth, they are shaped in relation to their job. Some people do have wisdom teeth but they do not have a function
- You need to look after your teeth, by eating a healthy diet, visiting a dentist regularly and good hygiene (Brushing teeth twice a day)
- Our digestive systems breaks down food so the body can select and absorb the nutrients it needs

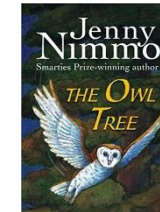
Enquiry Skills

In this unit the pupils will:

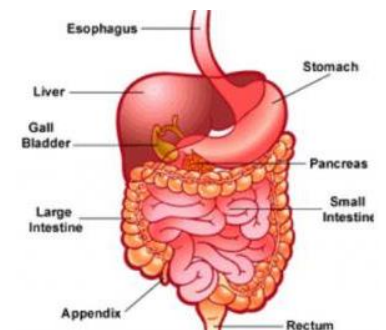
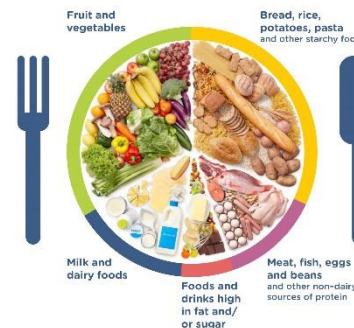
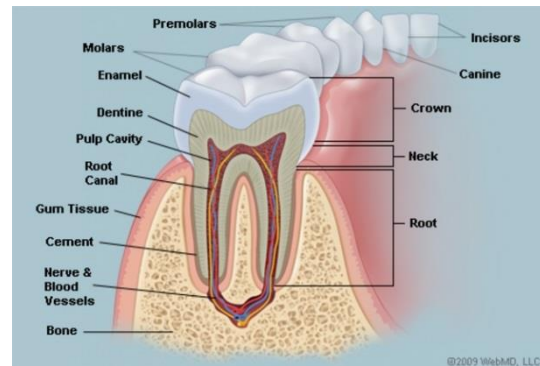
- Identify the different food groups and plan a healthy meal
- Identify and name the organs involved in digestion
- Compare and contrast different diets within humans and animals

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