Diet, digestion and excretion

1. Circle the hidden nutrients.
   - efats
   - proteins
   - lecarbohydrates
   - femerals

2. Solve the clues to write the words. Find the secret word.

   Clues
   1. You have this on your head.
   2. Eating too many fatty and sugary foods can make you this.
   3. You have ten of these on your feet.
   4. You need this to play and work.

   The secret word:

3. Use the words from 1 and 2 above to complete the chant.

   We are the nutrients
   We are five
   Eat us every day
   To be happy and alive
   We are the ________________
   We help you grow
   The ________________ on your head
   And the nail on your ________________

   We are the ________________
   And ________________ too
   We help you stay ________________
   Get your veggies and chew!

   We’re the ________________
   We help you run
   We give you the ________________
   To work and have fun
   If you eat too much of us
   You’ll get too ________________
   To run and catch the bus
Diet, digestion and excretion

WORKSHEET 5.1

1. Circle the hidden nutrients.
   - efats
   - proteins
   - lecarbohydrates
   - feminerals

2. Solve the clues to write the words. Find the secret word.

   Clues
   1. You have this on your head.
   2. Eating too many fatty and sugary foods can make you this.
   3. You have ten of these on your feet.
   4. You need this to play and work.

   The secret word: healthy

3. Use the words from 1 and 2 above to complete the chant.

   We are the nutrients
   We are five
   Eat us every day
   To be happy and alive

   We are the __proteins________
   We help you grow
   The __hair_________ on your head
   And the nail on your __toe_________

   We are the __vitamins________
   And __minerals_________ too
   We help you stay __healthy_________
   Get your veggies and chew!

   We’re the __carbohydrates________
   We help you run
   We give you the __energy_________
   To work and have fun

   We are the __fats________
   If you eat too much of us
   You’ll get too __overweight________
   To run and catch the bus
1. Trace.

2. Colour the foods.

Food contains nutrients.

Unhealthy food. We should only eat this once a week.

We need this food but not every day.

We should eat lots of these foods.
1. Trace.

2. Colour the foods.

Food contains nutrients.

Unhealthy food. We should only eat this once a week.

We need this food but not every day.

We should eat lots of these foods.
1. Choose your lunch from this menu. Ask your partner questions to find out about their meal, for example, what’s your starter/main course/dessert?

<table>
<thead>
<tr>
<th>STARTER</th>
<th></th>
<th>MAIN COURSE</th>
<th></th>
<th>DESSERT</th>
</tr>
</thead>
<tbody>
<tr>
<td>vegetable soup</td>
<td></td>
<td>green salad with olive oil</td>
<td></td>
<td>lentils and ham</td>
</tr>
<tr>
<td>chicken and rice</td>
<td></td>
<td>swordfish and vegetables</td>
<td></td>
<td>cheese omelette</td>
</tr>
<tr>
<td>strawberries and yoghurt</td>
<td></td>
<td>egg custard</td>
<td></td>
<td>creamed rice</td>
</tr>
</tbody>
</table>

2. With your partner, complete the table with the nutrients in your meals. Are there any nutrients missing?

<table>
<thead>
<tr>
<th></th>
<th>my meal</th>
<th></th>
<th>my friend’s meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>name of food</td>
<td>food groups</td>
<td>name of food</td>
<td>food groups</td>
</tr>
<tr>
<td>starter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>dessert</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Diet, digestion and excretion

Name ___________________________ Date __________

Unit: __________ Lesson: ____________________________

1. Trace.

2. Tick the healthy food ✓.

3. Colour.

We need a varied diet. Healthy food is good for us. Unhealthy food is not good for us.
Diet, digestion and excretion

1. Trace.

2. Tick the healthy food ✓.

3. Colour.

We need a varied diet. Healthy food is good for us. Unhealthy food is not good for us.
1. Write the words in the order that excretion happens.

urethra       kidneys       bladder       ureters

2. Circle the singular words in red and the plural ones in blue.

chemicals    urine         tubes        bag         messages       toilet

3. Write the correct form of the verb to describe the digestive system.

For example, singular:

Food enters our body through the mouth.

plural:

Our teeth chew the food

Our teeth ____________ (breaks / break) the food into small pieces. The food ____________

(goes / go) down the oesophagus and into the stomach. The gastric juices in the stomach

___________ (breaks down / break down) the food and ____________ (turns / turn) it into

a thick liquid. In the small intestines the nutrients ____________ pass / passes into the blood.

The waste ____________ (goes / go) into the large intestines and ____________ (leaves /

leave) the body though the anus.
Diet, digestion and excretion  WORKSHEET 5.3

1. Write the words in the order that excretion happens.

<table>
<thead>
<tr>
<th>urethra</th>
<th>kidneys</th>
<th>bladder</th>
<th>ureters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. kidneys</td>
<td>2. urethra</td>
<td>3. bladder</td>
<td>4. ureter</td>
</tr>
</tbody>
</table>

2. Circle the singular words in red and the plural ones in blue.

chemicals  urine  tubes  bag  messages  toilet

3. Write the correct form of the verb to describe the digestive system.

For example, singular:

Food enters our body through the mouth.

plural:

Our teeth chew the food

Our teeth break (breaks / break) the food into small pieces. The food goes (goes / go) down the oesophagus and into the stomach. The gastric juices in the stomach break down (breaks down / break down) the food and turn (turns / turn) it into a thick liquid. In the small intestines the nutrients pass (passes / passes) into the blood. The waste goes (goes / go) into the large intestines and leaves (leaves / leave) the body through the anus.
Diet, digestion and excretion

1. Trace.

2. Complete.

3. Colour.

Our digestive system helps us to get the nutrients from food.

Intestines  stomach  mouth  oesophagus
Diet, digestion and excretion

1. Trace.
2. Complete.
3. Colour.

Our digestive system helps us to get the nutrients from food.

mouth
↓
oesophagus
↓
stomach
↓
Intestines

Intestines  stomach  mouth  oesophagus
Diet, digestion and excretion

1. In each line circle the word that is not a verb

   brush  wash  videogame
   vegetables  go  sit
   eat  play  wear
   sleep  cover  relax
   clean  teeth  do

2. Use some of the verbs from Activity 1 to complete the sentences about yourself. Think first: is your answer affirmative or negative?

   **affirmative**
   - I drink plenty of water.
   
   **negative**
   - I don’t drink plenty of water.

I ____________________________ different foods.

I ____________________________ to bed at a reasonable time.

I ____________________________ before I go to sleep.

I ____________________________ exercise every day.

I ____________________________ my hands before I eat.

I ____________________________ my mouth when I cough.
Diet, digestion and excretion

1. In each line circle the word that is not a verb

<table>
<thead>
<tr>
<th>verb</th>
<th>verb</th>
<th>verb</th>
</tr>
</thead>
<tbody>
<tr>
<td>brush</td>
<td>wash</td>
<td>videogame</td>
</tr>
<tr>
<td>vegetables</td>
<td>go</td>
<td>sit</td>
</tr>
<tr>
<td>eat</td>
<td>play</td>
<td>wear</td>
</tr>
<tr>
<td>sleep</td>
<td>cover</td>
<td>relax</td>
</tr>
<tr>
<td>clean</td>
<td>teeth</td>
<td>do</td>
</tr>
</tbody>
</table>

2. Use some of the verbs from Activity 1 to complete the sentences about yourself. Think first: is your answer affirmative or negative?

**Affirmative**

- I drink plenty of water.

**Negative**

- I don’t drink plenty of water.

- I eat / don’t eat __________________________ different foods.

- I go / don’t go ____________________________ to bed at a reasonable time.

- I relax / don’t relax __________________________ before I go to sleep.

- I do / don’t do ____________________________ exercise every day.

- I wash / don’t wash __________________________ my hands before I eat.

- I cover / don’t cover __________________________ my mouth when I cough.
Diet, digestion and excretion

Name ___________________________ Date __________

Unit: __________ Lesson: _______________________

1. Write.

2. Draw and colour.
1. Write. Student’s own choice of word in English and Spanish.

2. Draw and colour.
Diet, digestion and excretion

1. Draw examples of three foods then write sentences about them. For example, pasta contains carbohydrates.

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
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<td></td>
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</tr>
</tbody>
</table>

meat apples pasta eggs butter carrots olive oil bread

1. ____________________________
2. ____________________________
3. ____________________________

2. Now complete the sentences with the nutrients.
   c) _____________ provide us with energy.
   d) _____________ help us to grow.
   e) _____________ and _____________ help us to stay healthy.
   f) _____________ provide us with a store of energy.

3. Number in order. Complete the sentences with the words in the box.

   teeth leaves gastric juices stomach small pieces

   □ The food goes down the oesophagus into the ________________.
   □ In our mouth our ________________, break the food into ________________.

   It ________________ our body through the anus.
   □ In the stomach ________________, turn the food into a thick liquid.
Diet, digestion and excretion

1. Draw examples of three foods then write sentences about them. For example, pasta contains carbohydrates.

   [Blank]  [Blank]  [Blank]

   meat  apples  pasta  eggs  butter  carrots  olive  oil  bread

   [Blank]  [Blank]  [Blank]

   1. [Student’s own answers]

   2. [Blank]

   3. [Blank]

2. Now complete the sentences with the nutrients.
   c) _____________ provide us with energy.
   d) _____________ help us to grow.
   e) _____________ and _____________ help us to stay healthy.
   f) _____________ provide us with a store of energy.

3. Number in order. Complete the sentences with the words in the box.

   [teeth  leaves  gastric juices  stomach  small pieces]

   [2] The food goes down the oesophagus into the _____________.

   [1] In our mouth our _____________, break the food into _____________.

   It _____________ our body through the anus.

   [3] In the stomach _____________ turn the food into a thick liquid.