

# 2

## WHAT HAPPENS TO FOOD INSIDE YOUR BODY?

Name: ..... Class: .....

- 1 Match the nutrients in the box with the descriptions. Write an example of a food for each nutrient.**

vitamins and minerals    proteins and iron    calcium    carbohydrates    fats

- a) This mineral is good for our bones and teeth. \_\_\_\_\_
- b) This nutrient contains fibre and gives us energy. \_\_\_\_\_
- c) These nutrients make our muscles strong and help us grow. \_\_\_\_\_
- d) This nutrient helps our nervous system. \_\_\_\_\_
- e) These nutrients keep us healthy. \_\_\_\_\_

- 2 Order the sentences to explain how we breathe.**

- a) Oxygen from the air passes into the circulatory system and the blood carries it to all parts of the body.
- b) The air enters the lungs.
- c) We also breathe out carbon dioxide through our nose and mouth.
- d) We breathe in through our nose and mouth.

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- 3 Match the words to the correct body system.**

- |                                      |                       |  |
|--------------------------------------|-----------------------|--|
| a) trachea, diaphragm and lungs      | <input type="radio"/> | <input type="radio"/> Digestive system           |
| b) urethra, bladder and kidneys      | <input type="radio"/> | <input type="radio"/> Female reproductive system |
| c) stomach, small intestine and anus | <input type="radio"/> | <input type="radio"/> Circulatory system         |
| d) penis, testicles and urethra      | <input type="radio"/> | <input type="radio"/> Respiratory system         |
| e) atriums, arteries and ventricles  | <input type="radio"/> | <input type="radio"/> Excretory system           |
| f) ovaries, vulva and vagina         | <input type="radio"/> | <input type="radio"/> Male reproductive system   |

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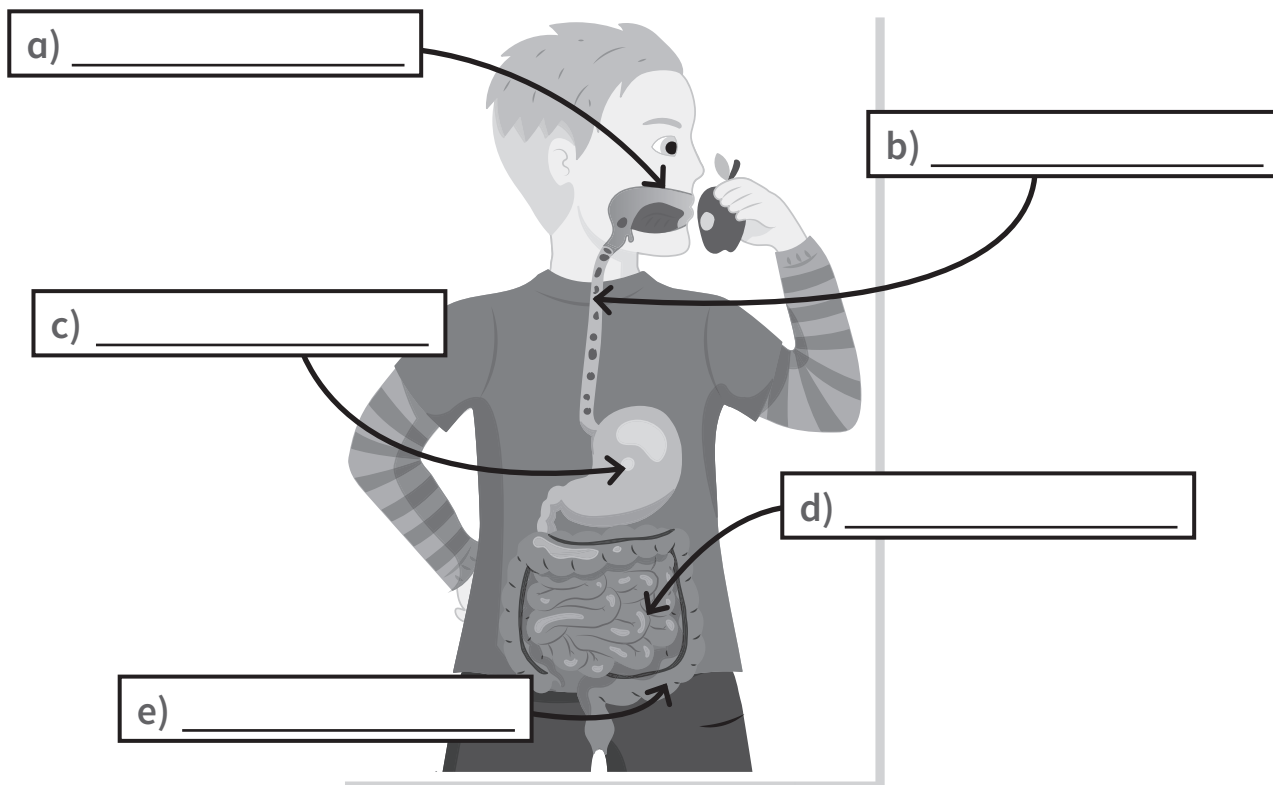
Name: ..... Class: .....

### 1 Complete the sentences with the words in the box.

reproductive systems    circulatory system    excretory system  
 digestive system    respiratory system

- a) The \_\_\_\_\_ breaks down food into nutrients that the body needs.
- b) The \_\_\_\_\_ helps eliminate waste from the body.
- c) The \_\_\_\_\_ allow you to make a baby.
- d) The \_\_\_\_\_ helps you breathe.
- e) The \_\_\_\_\_ takes oxygen and nutrients to all parts of the body.

### 2 Label the diagram of the digestive system.



### 3 Can you spell these words?

- a) This is where the baby grows inside the mother.      U \_\_\_\_\_
- b) These two organs remove waste from the blood.      K \_\_\_\_\_
- c) This muscle helps us breathe.      D \_\_\_\_\_
- d) This tube connects the mouth to the stomach.      O \_\_\_\_\_
- e) Blood travels around the body through these small tubes.      A \_\_\_\_\_