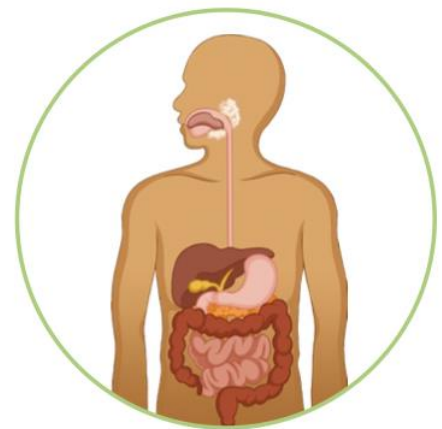


Fact Sheet

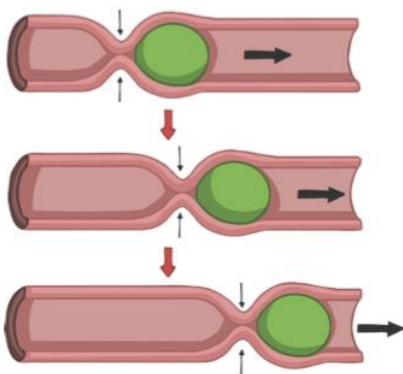
- The seven different food groups are: **carbohydrates, fats, proteins, vitamins, minerals, fibre and water.**
 - **Carbohydrates** are for energy and are found in pasta, rice and bread.
 - **Proteins** are for growth and repair. Fish and meat are rich in protein.
 - **Fats** are an energy source and help with insulation. Dairy products are rich in fats.
- **Unhealthy eating** can lead to: obesity, malnutrition, heart disease, strokes or diabetes.
- The **energy requirement** of an individual will depend upon their age, body size and activity rates. The more active a person, the higher their energy intake.
- **Digestion** involves breaking down food until it is small enough to be absorbed into the bloodstream.
- The route taken by food is:

- **Mouth**
- **Oesophagus**
- **Stomach**
- **Small intestines**
- **Large intestines**
- **Rectum**
- **Anus**



- **Enzymes** are biological catalysts, they speed up the breaking down of food.

organ	Made up of tissues, performs a specific function within an organism.
mouth	Food is physically broken down into smaller pieces and mixed with enzymes.
oesophagus	Links the mouth to the stomach, controls the movement of food by peristalsis.
stomach	Churns food, mixes it with more enzymes and contains hydrochloric acid.
small intestines	Food is absorbed from the small intestines into the blood.
large intestines	Water is reabsorbed.
rectum	Stores waste food as faeces.



- **Peristalsis**- this is the contracting and relaxing of the oesophagus muscles to move food in a controlled way towards the stomach.

Match and Draw

Carbohydrates

Fats

Proteins

Growth and repair

Insulation and energy reserves

A supply of energy

Fish and meat

Rice, pasta and bread

Butter and cheese

Missing Vowels, Food Groups

C_r_b_hydr_t_s

M_n_r_ls

F_ts

F_br_

Digestive System

Rearrange the parts of the digestive system below, so that they are in the correct order.

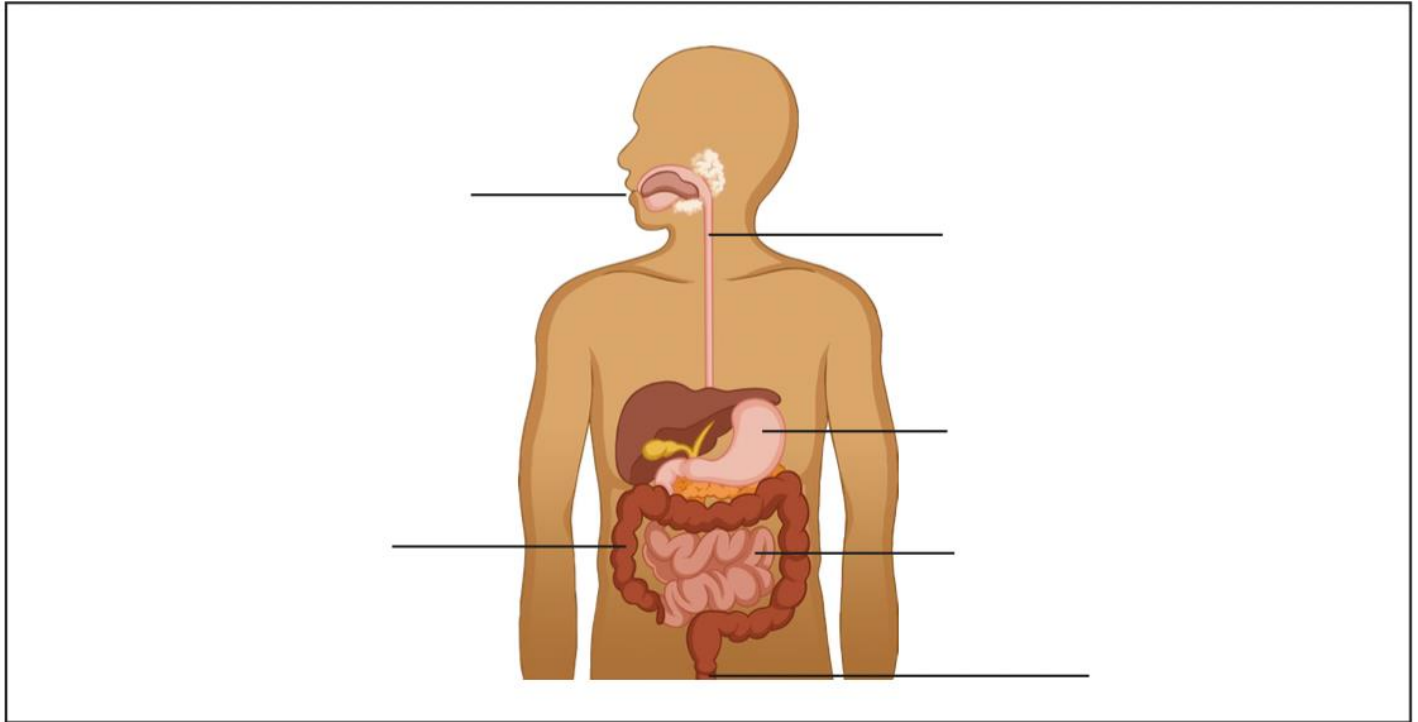
1. Mouth
2. Large intestine
3. Rectum
4. Stomach
5. Small intestine
6. Oesophagus
7. Anus

What Am I?

I link the mouth to the stomach, food moves along me by peristalsis.	
Food is absorbed from me into the blood.	
I contain hydrochloric acid and am responsible for churning the food and mixing it with digestive enzymes.	
Water is reabsorbed from me.	
I hold faeces until it is ready to be passed out of the body.	

The Digestive System

Label the diagram of the digestive system below.



True or False

	T	F
Carbohydrates provide the body with a supply of energy and can be obtained from fish and meat.		
Everybody needs some fat in their body.		
The body is unable to digest fibre. It gives the digestive system a good work out.		