

Key vocabulary

Digestion – the way our body breaks down food so we can use it.

Nutrients – the useful parts of food (like vitamins, protein, fibre) that help us grow and stay healthy.

Oesophagus – the food pipe that carries food from the mouth to the stomach.

Stomach – where food is mixed with acids and broken down further.

Small intestine – where most nutrients go into the blood.

Large intestine – where water is taken out and waste is made.

Why is it important to eat foods with fiber and drink plenty of water?

What are the types and functions of human teeth?

What is the main job of the digestive system?

Which part of the digestive system carries food from your mouth to your stomach?

Where are nutrients from food absorbed into the blood?

Which part of the digestive system absorbs water and forms waste?

