

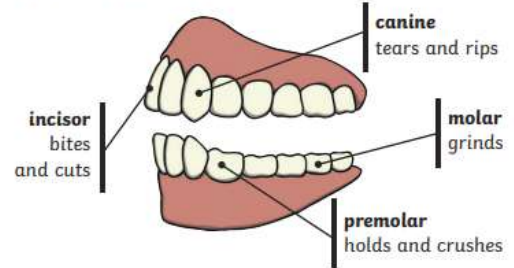


# Digestion Knowledge Organiser

## Key vocabulary

<b>Meat</b>	The flesh of an animal, usually a mammal or bird for eating
<b>Dairy</b>	Food that contains or is made from milk
<b>Protein</b>	A nutrient found in food used for growth and repair of the body
<b>Grains</b>	A small hard seed harvested from crops, e.g. cereals, used to make food
<b>Root vegetable</b>	An enlarged root of a plant that can be eaten, e.g. carrot, swede or beetroot
<b>Carbohydrates</b>	A nutrient in food that is used for energy in the body
<b>Fat</b>	A nutrient in food that is used for energy and insulation in the body
<b>Insulation</b>	To prevent heat lost from the body
<b>Fruits</b>	The sweet and fleshy part of a plant that contains seeds and eaten as food
<b>Minerals</b>	A nutrient needed by the body to carry out functions of life, found in food
<b>Vitamins</b>	A nutrient needed in small amounts for the proper function of life
<b>Fibre</b>	A component of food that isn't broken down by the body but used to help move food through the digestive system
<b>Healthy</b>	In good physical/mental condition
<b>Digestion</b>	The breaking down food inside the body so nutrients can enter the blood

## Teeth & their functions

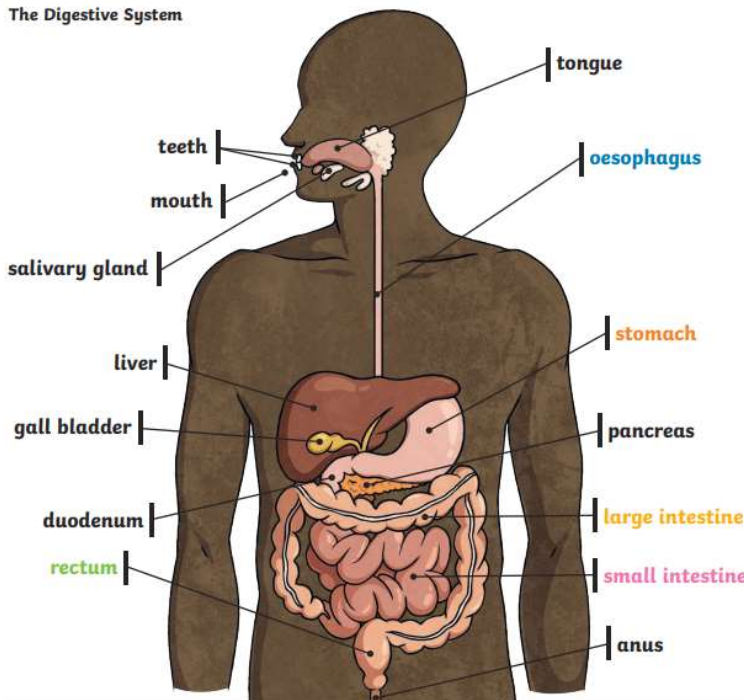


## Healthy Eating



## The Digestive System

The Digestive System



The Digestive System: Group of organs that breakdown food in order to absorb its nutrients to be used by the body

1. Mouth – teeth break down food mechanically (chewing), saliva breaks down food chemically
2. Oesophagus – tube that carries chewed food from mouth to stomach. Tongue pushes food back, throat muscles contract and push food down oesophagus
3. Stomach – contains hydrochloric acid to kill harmful bacteria, contains enzymes which break down food chemically
4. Small intestine – absorbs nutrients through intestinal wall into the blood. Blood carries nutrients around the body. Bile (produced in liver) breaks down fat from food in small intestine
5. Large intestine – absorbs water from food that has not been digested, leaving waste materials (that the body doesn't need). Moves waste to rectum
6. Rectum – waste stored until full. Waste leaves body via the anus