



**What should I already know?**

- I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- I know that animals including humans need the right types and amount of nutrition.

**Vocabulary**

mouth	Opening through which food passes into the body.
teeth	Used for cutting and chewing.
stomach	Where food is digested before it
digestive system	The organs responsible for getting food into and out of the body while making use of nutrients
digestion	Breaking down of food that has been eaten.
saliva	The watery liquid that forms in your mouth and help you to chew and digest food.
oesophagus	Carries food from the throat to the stomach.
intestine	Tubes in the body through which food passes when it has left the stomach. There are two parts: the small and the large.
rectum	The straight section of the large intestine connected to the anus.
anus	The opening at the end of the intestine through which solid waste matter is excreted.

Animals cannot create their own food; they must eat to get nutrition. Animals and humans need the right type and amount of nutrients to stay healthy. Nutrient are the things we get from food that we need too help us live and grow.

To get the nutrients from the food we eat we need a digestive system.

**The Digestive System**

There are 3 main stages of the digestive system:

Ingestion  
The food is taken in by the mouth, and broken down by teeth and saliva.

Absorption  
Food is further broken down in the stomach and intestines. Nutrients are absorbed into our bodies through our blood. The liver and pancreas produce bile and enzymes to help digestion along.

Excretion  
Waste food that the body doesn't need is sent to the anus for excretion.

Digesting food takes many hours.

**Teeth**

Humans have up to 32 adult teeth, made up of 4 different types. Each of these types have an important job:

- Incisors**  
Used to cut food.
- Canines**  
Used to tear food.
- Pre-molars**  
Used to crush food.
- Molars**  
Used to grind food.

Our teeth are like this because we are omnivores. Different animals have different teeth layouts depending on their food.

