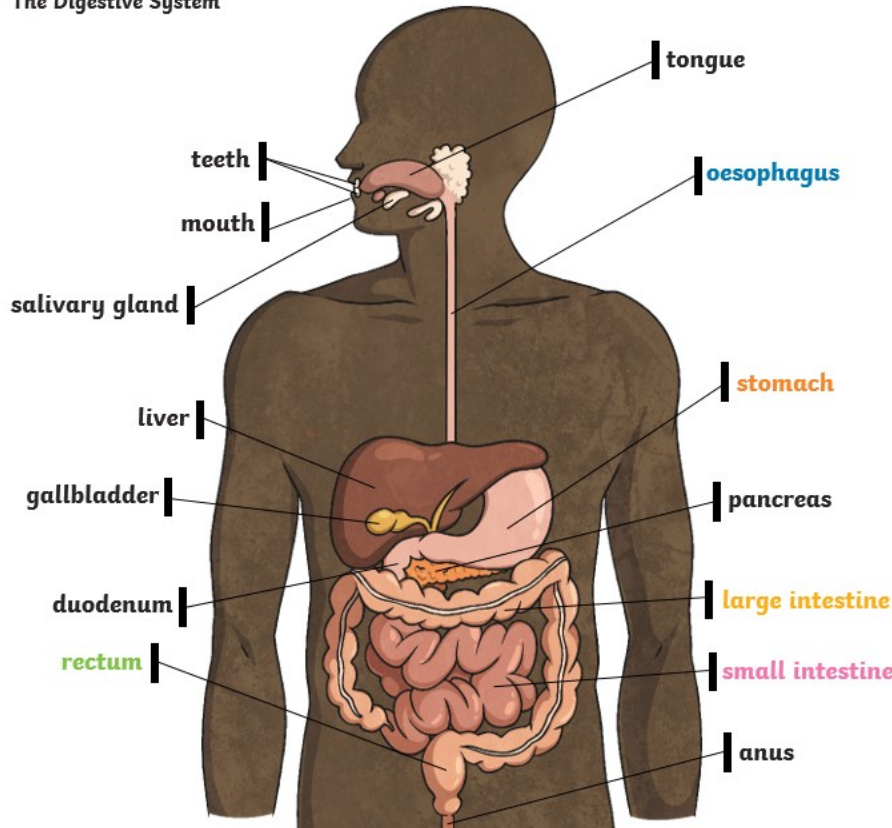


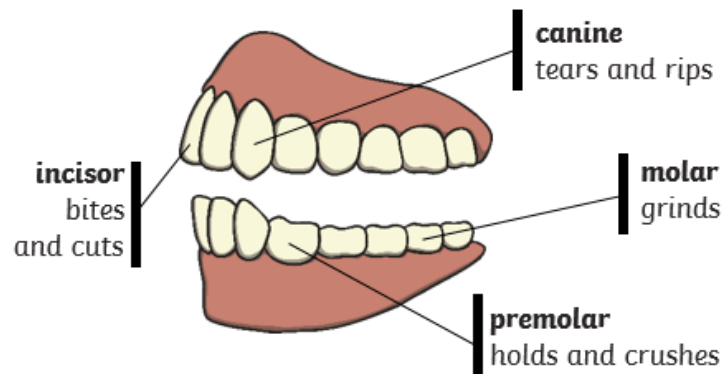
Science: Animals, including humans

- ♦ Humans need to absorb proteins, carbohydrates, fats, vitamins and minerals from their food to keep healthy and have enough energy to live and work.
- ♦ The job of the digestive system is to break down food so it can be absorbed and used by the body.
- ♦ Teeth are hard, white objects in the mouth that are used for biting and chewing.
- ♦ Humans have two sets of teeth over their lifetime. The first set of 20 teeth are called deciduous or milk teeth. These start to come through when babies are around 6 months old. They are gradually replaced by 32 permanent adult teeth from about 6 years old. There are four different types of teeth, which are shaped according to the job they do.

The Digestive System



Human Teeth and Their Functions



Some people have wisdom teeth but they have no function now.

Vocabulary

digest	diet
oesophagus	teeth
stomach	herbivore
small intestine	carnivore
large intestine	omnivore
rectum	consumer
digestion	predator
canine	prey
incisor	producer
molar	food chain
premolar	energy
saliva	nutrients
tongue	vitamins
deciduous	enzyme

DT: Healthy foods

- ◆ The digestive system is directly affected by food and lifestyle. Eating a healthy, balanced diet helps people to get rid of solid waste more easily.
- ◆ Fruit and vegetables naturally ripen during a certain season each year. When they are ripe, they are at their best nutritionally and taste-wise. Cherries, for example, are ripe and juicy in July in the south of England; so cherries are 'in season' in July.
- ◆ Some foods are required when they are out of season so producers grow them in hot houses/green houses in the UK. Alternatively, the food is produced abroad and sent to the UK.
- ◆ Climate and soil conditions mean that not all food types can be produced here. The following foods come into the UK: rice, feta cheese, mangoes, oranges, lemons, bananas and coconuts.



Vocabulary

cooking	hygiene
nutrition	tools
food	safety
produce	grown
cooking	processed
techniques	seasons
recipe	seasonality
create	production

Find out more about the digestive system!



Explore the effects of different drinks on teeth!



Try this recipe for fruit kebabs!

