

Lesson A: A Balanced Diet (2.1)

Date: _____

Objective:

- Know that animals, including humans, need an adequate, balanced diet in order to be healthy

1. Complete these sentences about the food we eat.

Choose from the following words:

balanced diet energy nutrients fats

- a. The food we eat is called our _____.
- b. The different types of food contain _____ such as carbohydrates, proteins and _____.
- c. A _____ diet contains the right amounts of different types of food.

2. Draw lines to match the food items to how they are useful to us.

food items

fruits and vegetables

meats and beans

rice and bread

how they are useful to us

are rich in carbohydrates to provide us with energy

are rich in proteins to help us grow

are rich in vitamins and minerals to keep us from

3. Read the following sentences and decide if they are true or false.

Sentence	true	false
Meat is the only source of protein.		
Being overweight can cause health problems.		
Too many fats can cause diabetes.		

4. Jian eats the following in a day:

Breakfast: <ul style="list-style-type: none">• 2 slices of bread• 1 glass of milk	Lunch: <ul style="list-style-type: none">• 1 egg sandwich• 1 plate of fries• 1 bag of potato chips• 1 can of soft drink	Dinner: <ul style="list-style-type: none">• 1 bowl of rice• 2 fried chicken wings• 1 ice cream
---	---	---

Jian's diet is not balanced. Why?

5. A calorie tells us how much energy a food contains. Look at the table.

Type of food	Number of calories
1 serving of apple slices	52
1 serving of fries	365
1 small tub of plain yogurt	128
1 small bowl of lettuce salad with tomatoes	15

a. What type of food contains the most energy?

b. Fries are cooked using a lot of oil. Explain why eating a lot of fries can be bad for your health.

6. Different people require different diets.

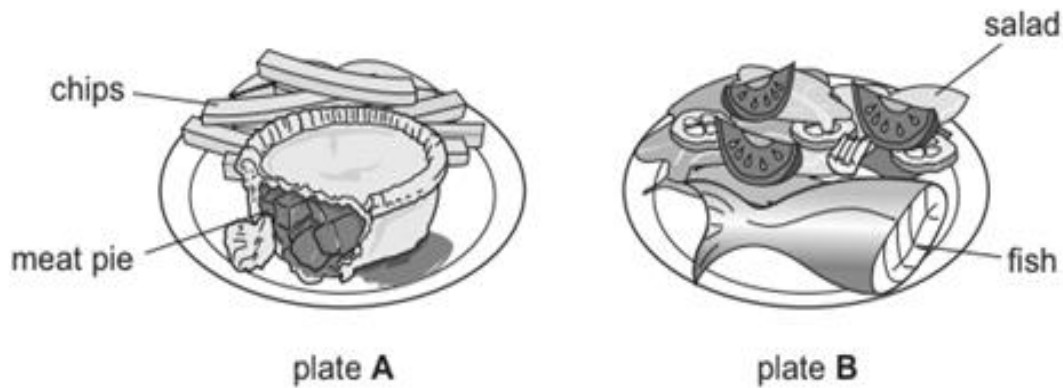
List the factors that affect our diet choices.

a. _____

b. _____

c. _____

7. Look at the two plates of food.



a. Ahmed needs to lose some weight.

Which **plate** of food should he choose? _____

Explain your answer.

b. Complete the sentence with the nutrient contained the most.

- The fish on Plate B contains a nutrient called _____.
- The salad on Plate B provides our body with _____.
- The potato chips on plate A is a source of _____.

8. Ahmed finds this label on a packet of food.

carbohydrates	21 g
fats	39 g
proteins	3 g
energy	445 cal

Explain why this food is not a healthy choice.

DIGESTIVE SYSTEM

1 MOUTH

The teeth break down the food.
The tongue mixes the food with the saliva.
The saliva softens the food and starts digestion.
The food is partially digested.

2 OESOPHAGUS

A tube that transfers the food from the mouth to the stomach.
No digestion here.

3 STOMACH

The stomach produces stomach juice.
The stomach churns and squeezes the food, mixing it with stomach juices. The food is partially digested.

4 SMALL INTESTINE

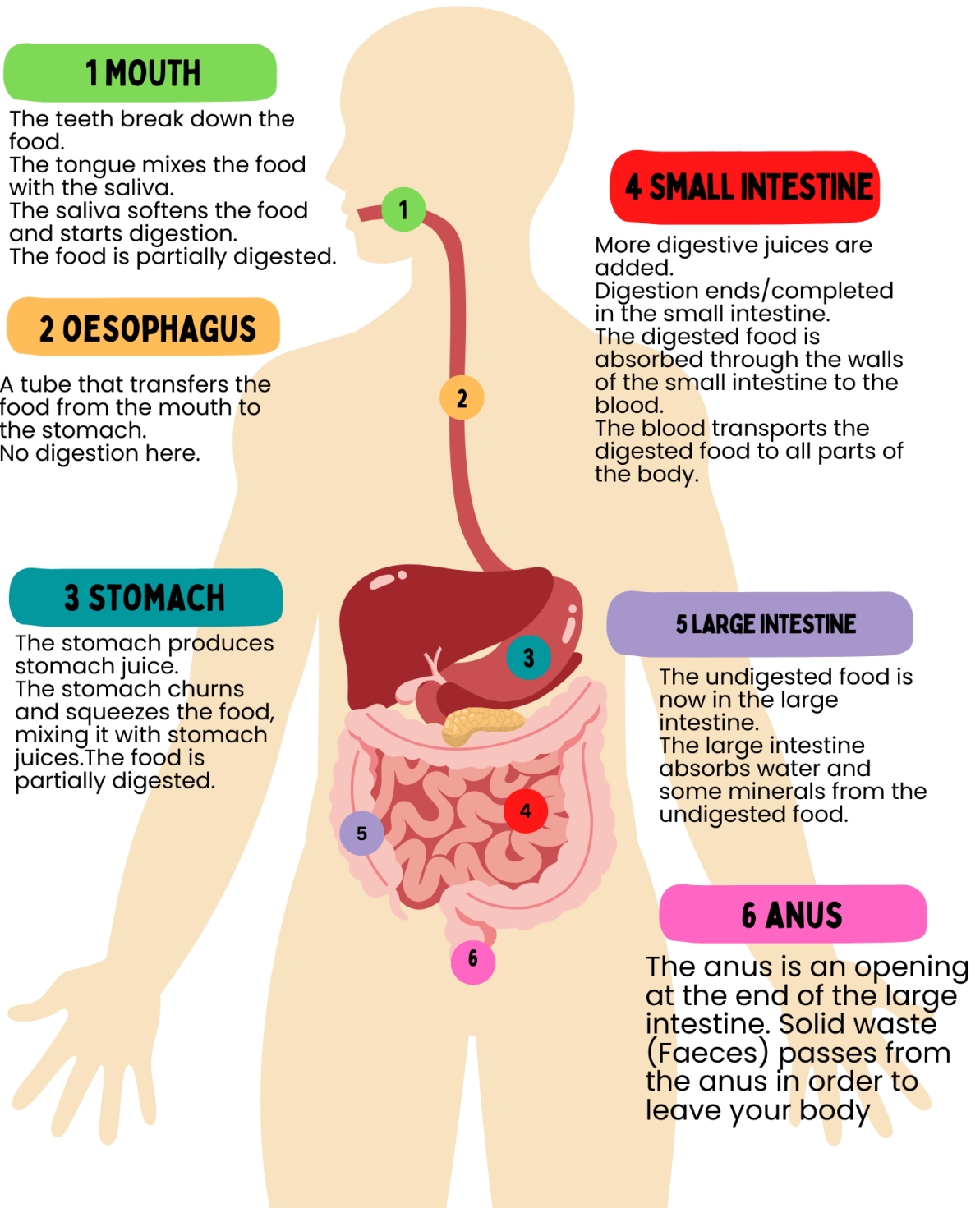
More digestive juices are added.
Digestion ends/completed in the small intestine.
The digested food is absorbed through the walls of the small intestine to the blood.
The blood transports the digested food to all parts of the body.

5 LARGE INTESTINE

The undigested food is now in the large intestine.
The large intestine absorbs water and some minerals from the undigested food.

6 ANUS

The anus is an opening at the end of the large intestine. Solid waste (Faeces) passes from the anus in order to leave your body



Lesson B: The Digestive System (2.2)

Date: _____

Objective:

- Describe the human digestive system, including the functions of the organs involved

1. What is digestion? Circle the correct answer.

the body using food

the breakdown of food

the building up of food

2. The organs listed are parts of the digestive system.

Write numbers in the boxes to show the order in which food moves through the organs.

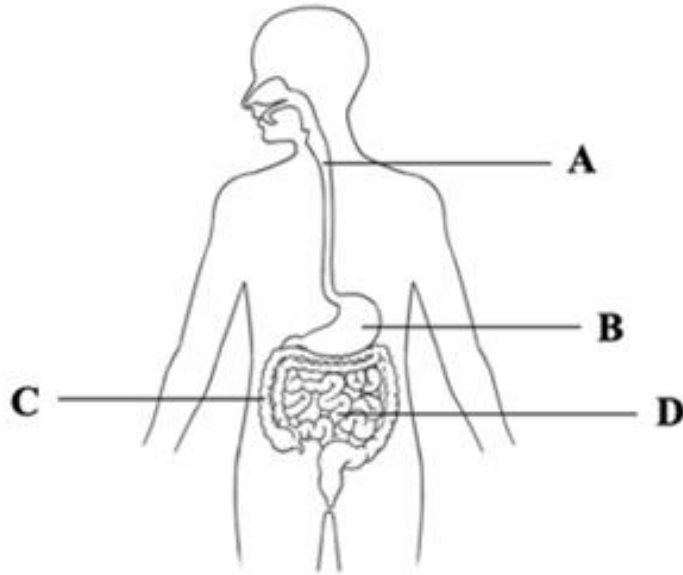
	anus
1.	mouth
	large intestine
	esophagus
	small intestine
	stomach

3. Why is blood important in digestion?

Circle the correct answer.

- a. It contains digestive juices.
- b. It contains saliva.
- c. It transports the digested food to the parts of the body that need it.

4. The diagram shows the human digestive system.



a. Write down **one** way in which parts **B** and **D** are similar in their function.

b. What will happen to the food if it stays too long in part **C**?

5. Most vertebrates like cats, cows and chickens have small and large intestines similar to humans. What are the functions of these organs?
Complete the sentences below.

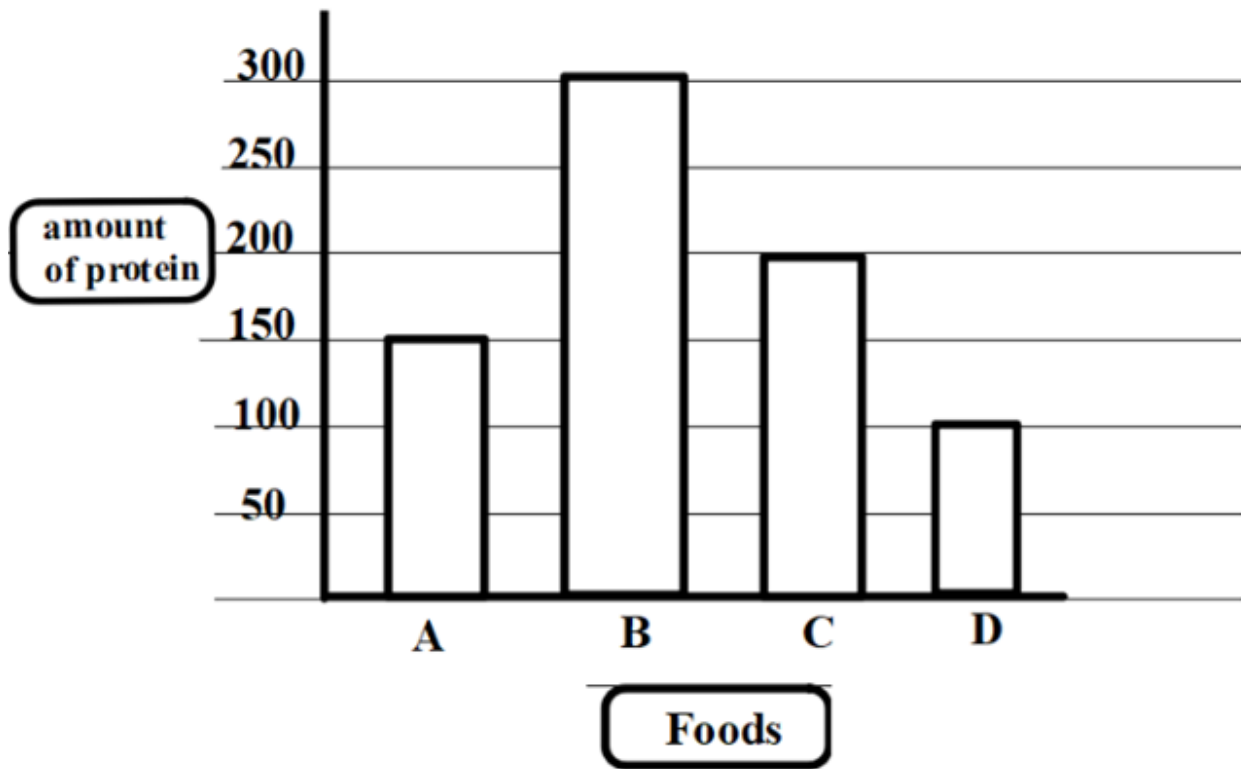
The small intestine

The large intestine

6. Reese and John studied different kinds of food.

They wanted to find the amount of protein in Foods A, B, C, D.

They recorded their results in the following bar chart.

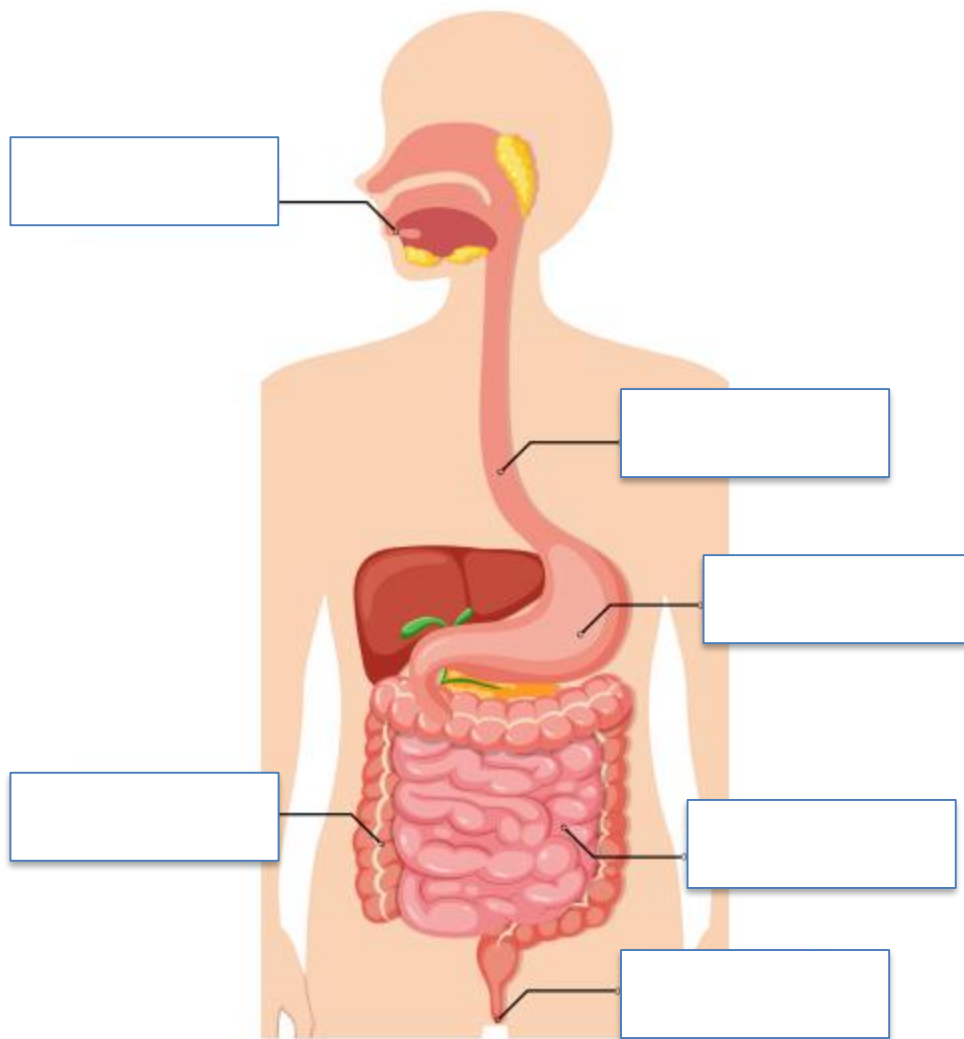


a. Which kind of food contains the least amount of protein? _____

b. Which kind of food is the most suitable for a bodybuilder? _____

c. How many grams of protein does Food A contain? _____g

7. Label the following parts of the digestive system.



8. Fill in the blanks.

- a. _____: an opening at the end of the large intestine that removes undigested food and waste matter from the body.
- b. _____: a condition in which there is too much sugar in the blood.
- c. _____: the process by which food is broken down into simpler substances.
- d. _____: a diet that contains the right amounts of different types of food.
- e. _____: substances found in the digestive system that help to break down different types of food.
- f. _____: the organ system in which digestion happens.
- g. _____: a tube that connects the mouth to the stomach.
- h. _____: having too much fat in the body.

- i. _____: prevents the heart from working properly.
- j. _____: the part of the digestive system that absorbs water and some minerals from undigested food.
- k. _____: a substance found in the mouth that helps to digest food.
- l. _____: the part of the digestive system where digestion ends and the food is absorbed into the blood.
- m. _____: the part of the digestive system where digestion starts.
- n. _____: the part of the digestive system that has digestive juices. It squeezes and churns the food to mix it with the digestive juices.
- o. _____: substances in food that give us energy, help us grow and keep us healthy.
- p. _____: damage to the tooth caused by bacteria.

