

Word Whizz

Use the clues to solve the puzzle. Write your answers in the blanks. Then find and circle the words in the puzzle.

B	D	J	F	A	E	D	J	M	B
A	R	I	C	E	X	I	N	B	A
N	U	R	G	A	V	G	N	C	L
U	F	X	D	E	S	E	W	J	A
S	M	A	L	L	S	S	O	P	N
K	O	G	Z	W	A	T	E	R	C
P	U	Q	B	C	X	I	I	N	E
Y	T	G	R	O	W	V	Z	O	D
A	H	E	F	Y	J	E	Q	W	N

Clues

- 1 The process of digestion breaks down food into simpler substances.
- 2 The stomach is a part of the digestive system.
- 3 Nutrients are absorbed into the blood in the small intestine.
- 4 Saliva in the mouth helps to digest food.
- 5 Water is absorbed in the large intestine.
- 6 Undigested food is removed from the body through the anus.
- 7 We need to have a balanced diet to be healthy.
- 8 Food like rice and bread gives us energy.
- 9 Meat, eggs and beans help us grow.

1 Aminah is preparing to run a marathon. Which of these would provide her with the most energy for the race? Circle the correct answer.



egg



water



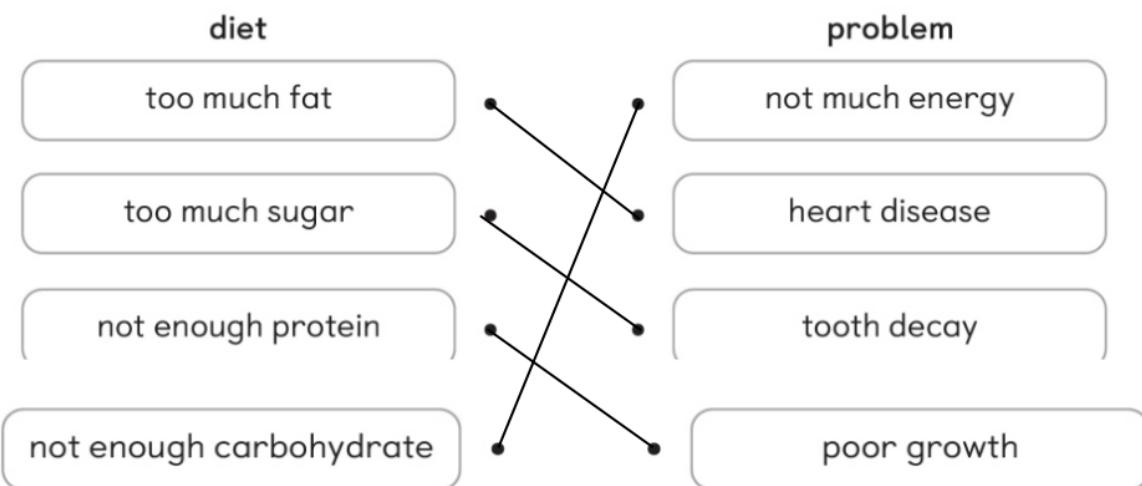
pasta



apple

2 Some people do not have a balanced diet. This can cause problems with their health.

Draw a line to match the diet to the problem it can cause.



3 Erin wants to eat cupcakes after every meal. Give **two** reasons why this could be unhealthy for Erin.

Cupcakes contains lots of sugar and fat which can cause tooth decay and weight gain. It may also cause diabetes.

4 Which organ connects the mouth to the stomach in the digestive system?
Tick (✓) the correct answer.

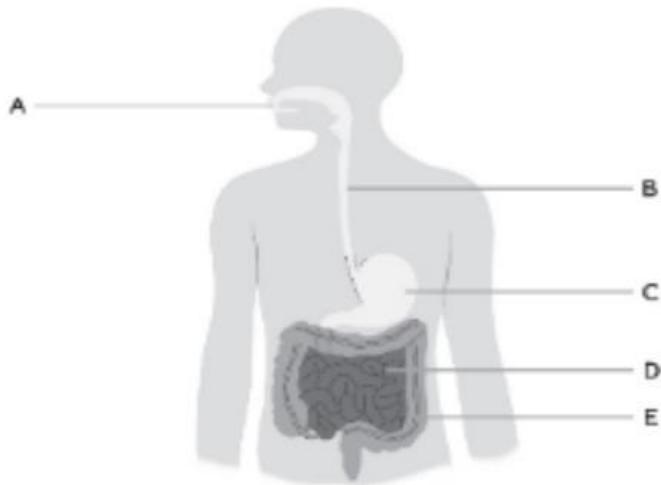
anus

oesophagus

large intestine

small intestine

5 The diagram shows some parts of the human digestive system.



In which parts is food digested? Circle the **three** correct letters.

A B C D E

6 The diagram below shows the digestive system of a cat. Label the parts correctly.

