



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

Fill in the blanks. Use the following words.

anus balanced digestive large mouth oesophagus
saliva small stomach vertebrates

A _____ diet contains all the nutrients in the right amounts for us to be healthy.

Many _____ have a similar digestive system.

The food we eat is digested in our _____ system.

Digestion begins in the _____.
The teeth break the food into smaller pieces.
The tongue mixes the food with _____.

The _____ transports the food from the mouth to the stomach.

The _____ churns and mixes the food with digestive juice.

Digestion ends in the _____ intestine.
Food is absorbed through its walls into the blood.

The _____ intestine absorbs water and some minerals from the undigested food.

Undigested food and waste materials are removed through the _____.

- I 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



pasta



water



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.

diet		problem	
too much fat	•	•	not much energy
too much sugar	•	•	heart disease
not enough protein	•	•	tooth decay
not enough carbohydrate	•	•	poor growth

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

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

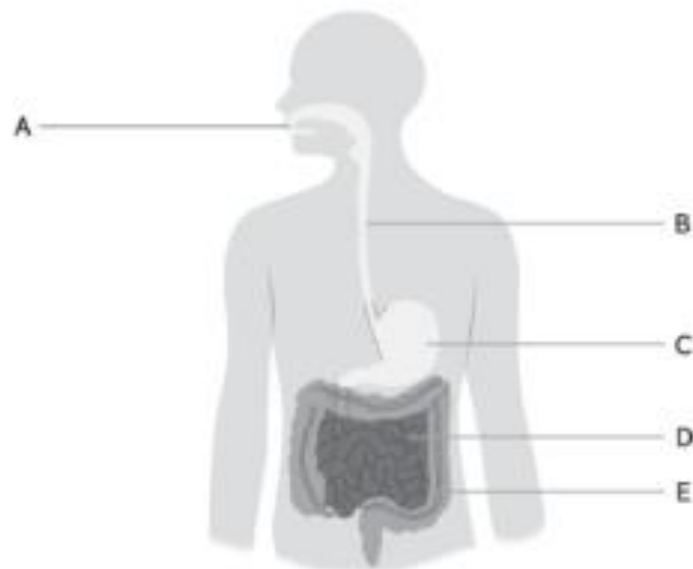
anus ☐

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.

