

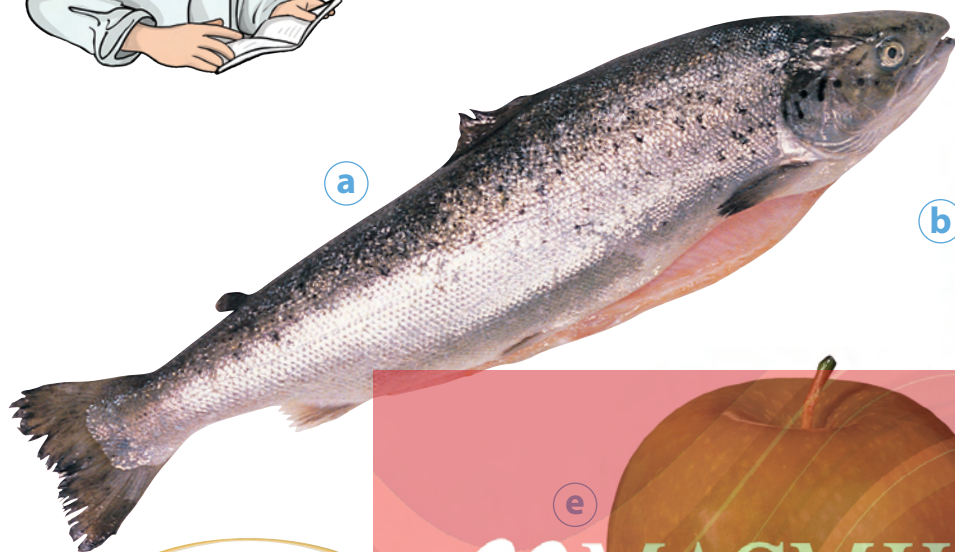
1 Food and nutrition

Classifying food



In this unit we're going to learn about food and nutrition, and how our body processes food.

What did you have for breakfast today?



Our food comes from plants or animals, but we can also classify food into these groups: **fruit and vegetables**, **bread and cereals**, **milk and dairy**, **meat and fish** and **sugary foods**. Can you remember which of these food groups isn't so good for us?


Our body needs food for **health**, **growth** and **energy**. Breakfast, lunch and dinner are the three main meals of the day. It's important to have healthy, balanced meals, and remember to eat five fruit and vegetables a day!






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1  Say the *Food* chant.

2 Copy the chart and classify the foods in photos a–i.

Health	Growth	Energy

3  Identify the foods that aren't so good for us.

Nutrients



Nutrients in our food keep us healthy, help us grow and give us energy.

Vitamins are for our health.

Minerals are good for our health, too. An important mineral is **calcium**, which we need for strong and healthy bones and teeth.

Proteins are for our growth.

Carbohydrates give us energy.

Fats give us energy, too, but we only need a little of these.

Remember that our body also needs water!



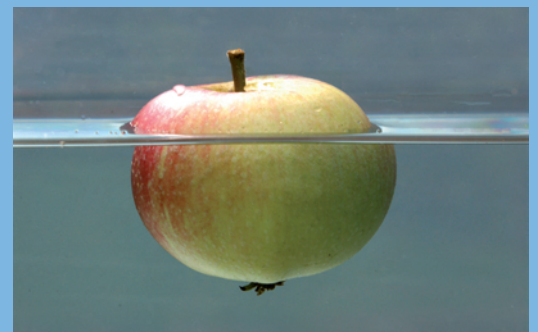
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- 1 Say the **Nutrients** chant.
- 2 Say the **Nutrients** rap.
- 3 Look at pictures 1–5 above. Match them to a–e below.
 - a vitamins and minerals
 - b calcium
 - c carbohydrates
 - d fats
 - e proteins
- 4 Which nutrient do we only need a little of?
We only need a little ...
- 5 What nutrients did you eat yesterday?
Yesterday I ate ..., which gives me ...

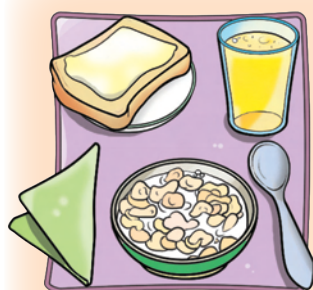
DID YOU KNOW?

An apple gives us vitamins, but most of an apple is water.





We need to have a healthy, balanced diet. A **healthy diet** means eating foods that have nutrients. We need a **balanced diet**, too. A balanced diet has lots of different nutrients. Remember! We also need to exercise to stay healthy.



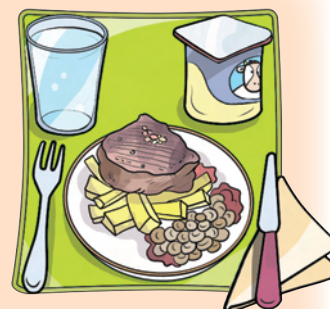
breakfast



lunch



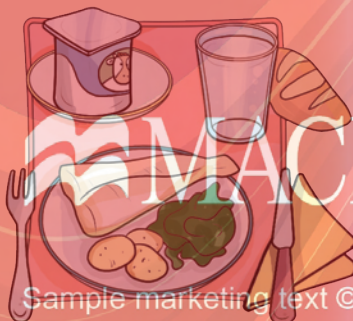
breakfast



lunch



snack



dinner



dinner



snack



1 What's a healthy, balanced diet?

A healthy, balanced diet has ...



2 Listen to Nico and Clara talking about what they ate today.

Nico ate ... for breakfast, he ate ... for lunch, ...



3 Who do you think has the best diet? Why?

I think ... has the best diet because ...



4 What advice can you give Nico and Clara about a healthy, balanced diet?

You should ...



5 Make a healthy meals menu for one day.

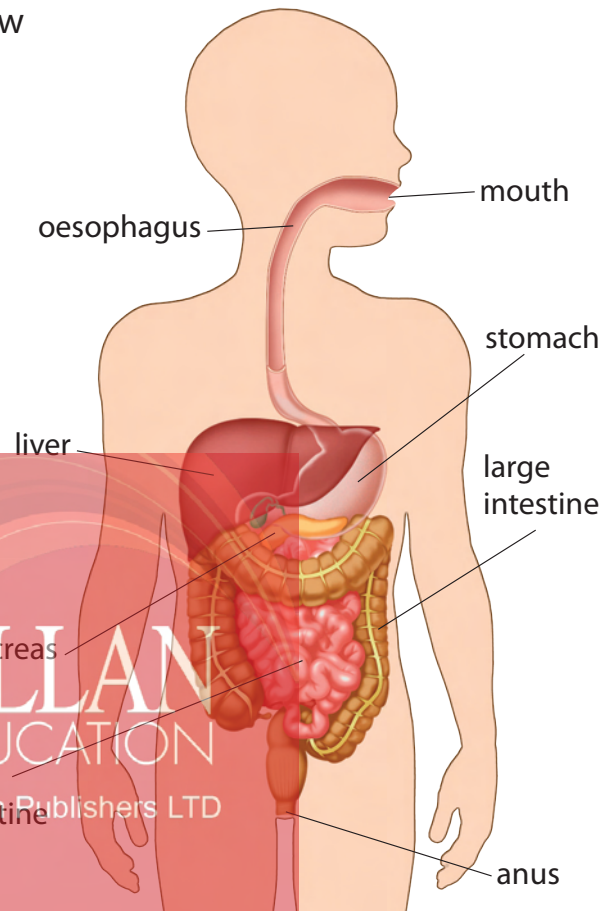
The digestive system



Our **digestive system** allows our body to get the nutrients it needs from the food we eat.

- The digestive process starts in the **mouth**. We chew food with our teeth and mix the food with saliva.
- Our tongue pushes the food around our mouth to a tube called the **oesophagus**.
- The food travels down the oesophagus to our **stomach**. The stomach is like a mixer. It uses gastric juices to turn the food into a thick liquid.
- The thick liquid travels to a long tube called the **small intestine**. The small intestine **breaks down** the food mixture even more.
- The **liver** and the **pancreas** send juices to the small intestine so that our body can now absorb the nutrients in the food.
- The remains of the food that our body can't use go to a wide tube called the **large intestine**. Here our body has its last chance to take water from the food.
- The remains finally leave our body through the **anus**.

break down (verb) when something separates into different parts.



1 Say the **Digestive system** chant.

2 Copy and complete the digestive process diagram.

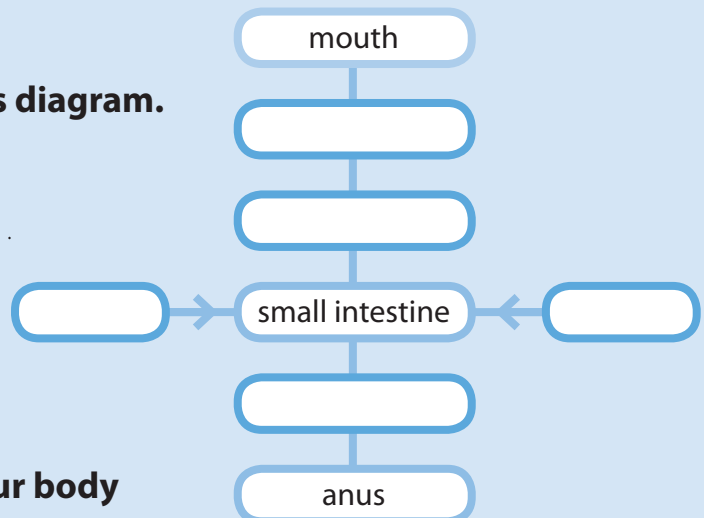
3 Where does the digestive process start?

The digestive process starts in the ...

4 What does the stomach do?

5 Which organs help the small intestine break down the food mixture?

6 Where do the remains of the food that our body can't use go?





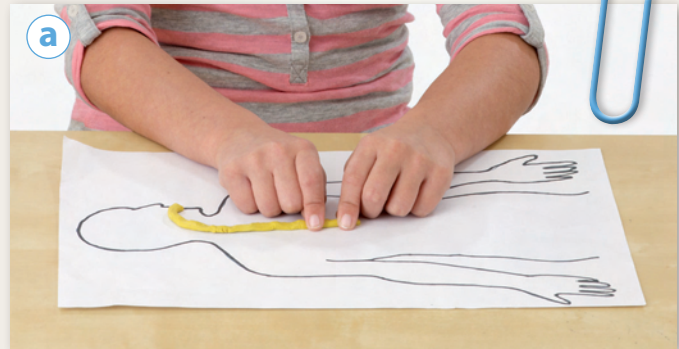
Make a model of the digestive system.

How does the digestive system work?

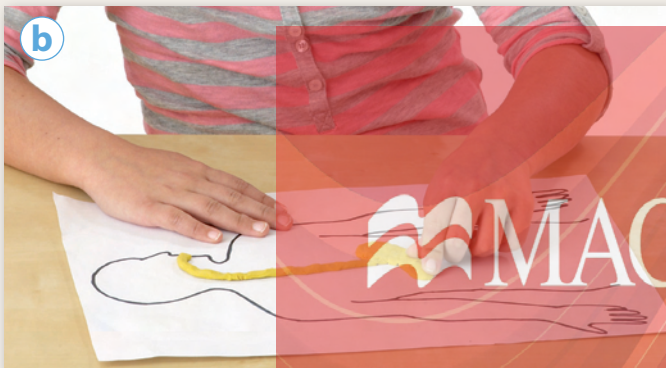


You need:

- card
- plasticine



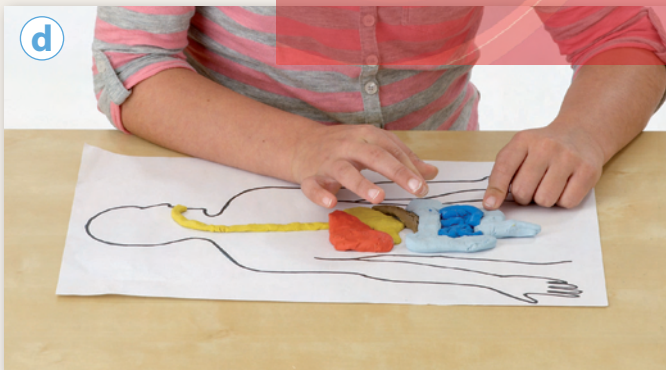
Make the oesophagus.



Next, make the stomach.



Now, make the liver and the pancreas.



Finally, make the small and large intestines and the anus.



When you've finished, label the model.

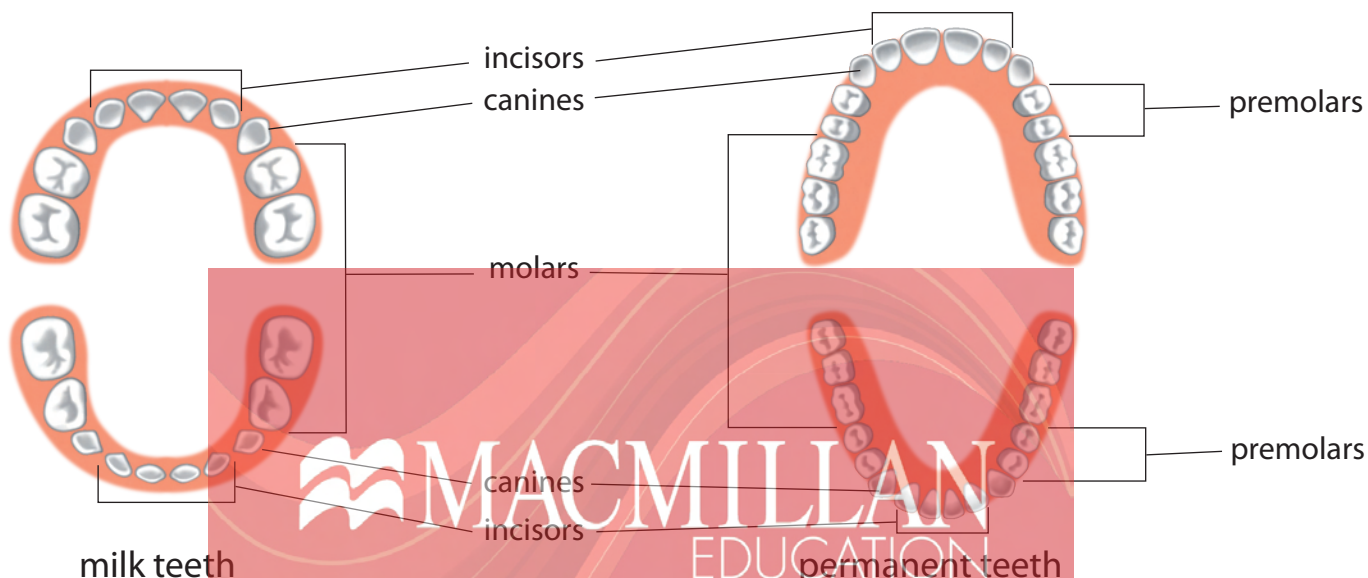
f Present your model of the digestive system.

This is the ... When we eat food, it travels from the ... to the ...
Then / Next / After that it travels from the ... to the ...



Children have twenty teeth called **milk teeth**. When we're about six years old, our milk teeth start to fall out and our **permanent teeth** start to grow. Adults have thirty-two permanent teeth and these are bigger than our milk teeth.

We use our teeth to eat food. Different types of teeth do different jobs. **Incisors** are sharp to cut food. **Canines** are pointed to tear food. **Premolars** and **molars** are flat to chew food.



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We must look after our teeth to keep them healthy. **Brush your teeth** with toothpaste, especially after eating sweets. Sugar is bad for your teeth! It's also important to go to the **dentist** regularly.

1 Copy and complete the sentences.

- a Children have milk teeth.
- b Our milk teeth start to fall out when we're about years old.
- c Adults have permanent teeth.

2 Copy and correct the sentences.

- a Brush your teeth before eating sweets.
- b Sugar is good for your teeth!
- c Never visit your dentist.

3 Identify, copy and label the teeth.

canine molar incisor premolar



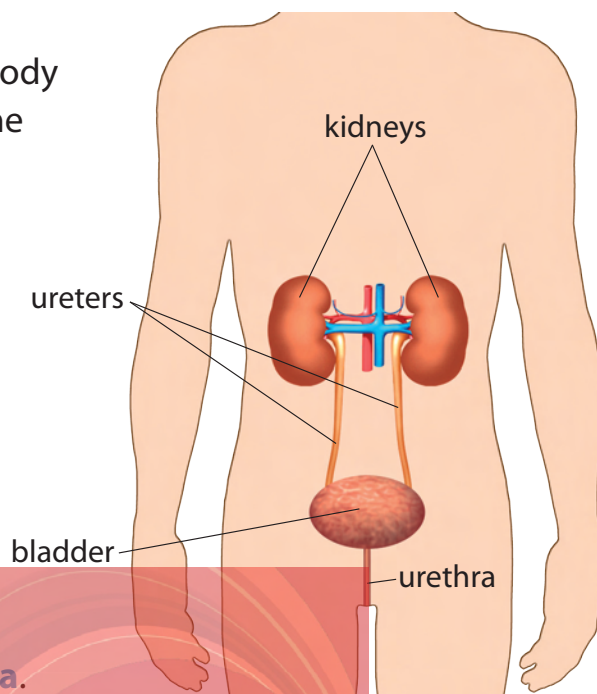
4 How many permanent teeth do you have?

I have ... permanent teeth.



We already know that the remains of the food that our body can't use leaves through the anus. Our body also needs to eliminate other waste and this is done by our **excretory system**.

- Two small organs called the **kidneys** clean the waste from our blood.
- This waste combines with water to make **urine**.
- Urine goes down two tubes called **ureters**, and collects in a bag called the **bladder**.
- When our bladder starts to get full, our body tells us that it's time to go to the toilet.
- Urine then leaves our body through the **urethra**.



Our body also eliminates waste through the **skin**. This waste is in the form of a liquid called **sweat**. We sweat when our body temperature rises. This often happens when we do exercise. We have **sweat glands** that produce sweat all over our skin. Sweating cleans waste from our body and it also helps us keep cool if we get too hot.



1 Copy and label the diagram of the excretory system.

2 Copy and match the definitions.

- | | |
|------------------|--|
| a ureters | A bag that collects urine. |
| b urethra | Organs that clean the waste from our blood and make urine. |
| c kidneys | Tubes that take urine to the bladder. |
| d bladder | A tube that takes urine out of our body. |

3 What makes our body sweat?

4 Why is sweating good for our body?

Happy Birthday, Professor Eco!

CD1 15

1 It's Professor Eco's birthday tomorrow. Nico is making a chocolate mousse.

I need cream.

2 I need chocolate.

USE BY 1st SEP

3 I need egg whites ...

4 ... and I need sugar.

USE BY 1st SEP

5 The next day ...

Happy Birthday!

Chocolate mousse. Thank you! I'll eat it at lunch.

6 After lunch ...

Oh dear! My stomach hurts.

7 Where's Professor Eco?

He's ill. Nico? What did you put in the mousse?

8 Oh no! Sorry, Professor Eco.


USE BY 1st SEP

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CD1 16

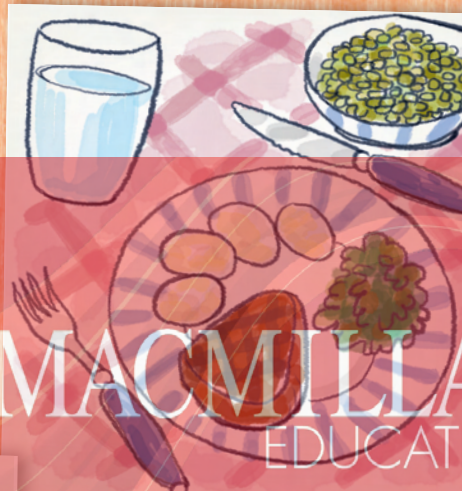
Food labels give us lots of information. They tell us when we should use the food. They also tell us where we should keep the food, as some foods need to go in the fridge or in the freezer.

Food labels identify the ingredients in the food we buy and they give us lots of information about the nutrients in our food, too.



WHAT DID YOU EAT YESTERDAY?

- 1  Write a text about what you had for breakfast, lunch, a snack and dinner yesterday.
 - a Write a list of all the food you ate yesterday.
 - b Identify the nutrients in these foods.
 - c Draw a chart to classify the foods by these nutrients.
 - d Draw pictures to illustrate the foods.
 - e Write a text describing what you ate and decide if you had healthy, balanced meals yesterday.



REMEMBER!

For breakfast, I had toast.

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Vitamins and minerals	Carbohydrates
orange juice	potatoes
Fats	Proteins
chocolate biscuits	meat

For breakfast, I had toast with jam and orange juice.

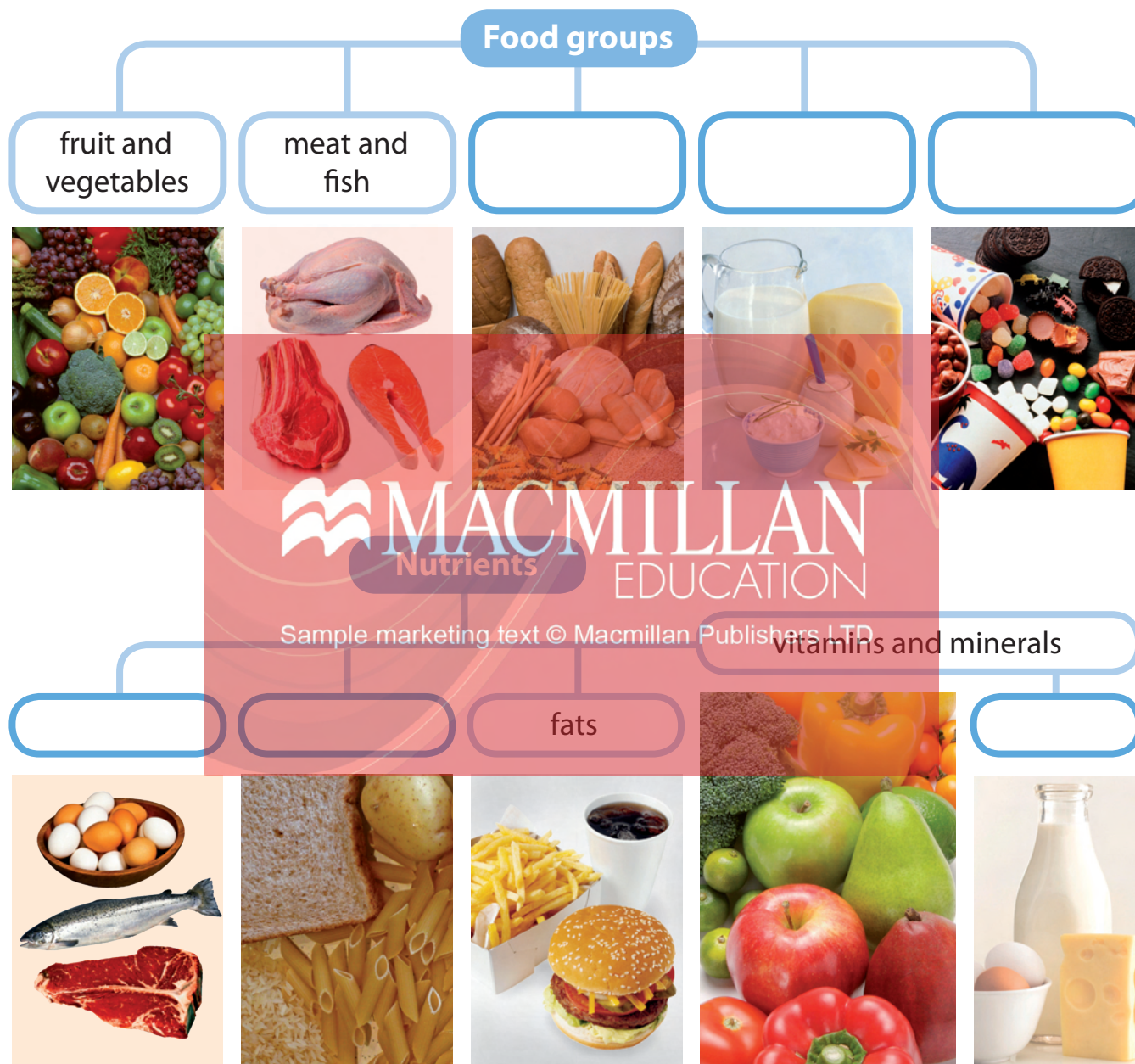
For lunch, I had lentils, meat, potatoes, spinach and water.

For a snack, I had a cheese sandwich and chocolate biscuits.

For dinner, I had fish, salad and an apple.

1 Copy and complete the word maps.

bread and cereals	proteins	milk and dairy
calcium	carbohydrates	sugary foods



2 Use the word maps to copy and complete the sentences.

We can classify food into five groups: , , bread and cereals, and sugary foods. There are nutrients in food. Vitamins and minerals are good for our health. are for our growth. give us energy. give us energy, too, but we only need a little of these.

3 Copy the chart and classify the food.

chicken milk sweets bread chocolate
cheese green beans oranges pasta sardines

Bread and cereals	Fruit and vegetables	Meat and fish
Milk and dairy		Sugary foods

4 Copy and complete the sentences about teeth.

- a  are sharp to cut food.
- b  are pointed to tear food.
- c  and  are flat to chew food.

5 Copy and complete the sentences about the excretory system.

- a The clean the waste from our blood and make urine.
- b The take the urine to the bladder.
- c The collects the urine.
- d The takes the urine out of our body.

6 What do we call the waste liquid that our body eliminates through the skin?

I know about nutrients and a healthy, balanced diet.

I understand how the digestive system works.

I can identify different types of teeth.

I understand how the excretory system works.

