

Nova's Guide to Digestion

Learning objective: To identify and describe the functions of the basic parts of the human digestive system.

Read the text carefully. Use the word bank to help you. Fill in the boxes with your answers.

Nova the owl is learning about how humans get energy from food. She knows that our digestive system is very clever. It all starts in the mouth. When we eat, our teeth chew the food into small, soft pieces. This is the first step of digestion. Next, the food travels down a tube to the stomach. The stomach acts like a mixer. It breaks the food down even further using special juices. After the stomach, the food travels through the intestines. This is where our bodies take all the goodness out of the food. Our bodies need this goodness to grow, stay healthy, and move. Finally, the parts of the food we do not need are removed from the body. Without our digestive system, we would not have the energy to run, jump, or play. It is a busy job that happens every single day inside us! Next time you eat a snack, think about the amazing journey your food is taking.

Word bank: mouth · stomach · teeth · teeth · digestive · energy

1. Where does the digestive process start? (1 mark)

2. What do teeth do to the food? (1 mark)

3. Why does the body need to take goodness out of food? (2 marks)

4. What happens if the stomach does not work properly? (2 marks)

5. Do you think it is important to eat healthy food? Explain why. (2 marks)

Draw: Draw a picture of a healthy meal and label the mouth and the stomach.



Extension challenge: Write one sentence about a food that gives you energy to play outside.