

Bea's Brilliant Digestion Adventure

Learning objective: To identify and describe the functions of the digestive system in humans.

Read the text carefully. Use the word bank to help you understand the tricky words. Answer the questions in the spaces provided.

Bea the honeybee is buzzing by to teach us about digestion! When you eat an apple, your body starts a very important job. First, you chew your food with your teeth. This breaks the apple into tiny, soft pieces. Next, the food travels down a long tube into your stomach. Your stomach is like a clever mixing bowl. It uses special juices to turn your food into a thick liquid. This liquid is full of nutrients that your body needs. These nutrients give you energy to run, jump, and learn in class. After that, the food moves into the intestines. Here, your body takes all the goodness from the food to keep you healthy. Finally, the parts your body does not need are pushed out as waste. Digestion is a busy process that happens every single day inside you! It is just like a factory working hard to keep you strong. Remember to chew your food slowly so your stomach can do its best work.

Word bank: Digestion: How the body breaks down food. · Stomach: A bag where food is mixed with juices. · Nutrients: The good parts of food that help us grow. · Energy: What we need to run and play.

1. What does the stomach do to the food once it arrives? (Find the answer in the text.) (2 marks)

2. Name two things that help you turn food into energy. (Find the answer in the text.) (2 marks)

3. Why is it important to chew your food well before swallowing? (2 marks)

4. What might happen if your body could not get nutrients from food? (2 marks)

5. Do you think it is important to eat healthy food to help your digestion? Why? (2 marks)

Draw: Draw a picture of a healthy meal you like to eat and label where it goes inside your body once you have eaten it.



Extension challenge: Write one sentence about why we need to drink water during our digestion process.