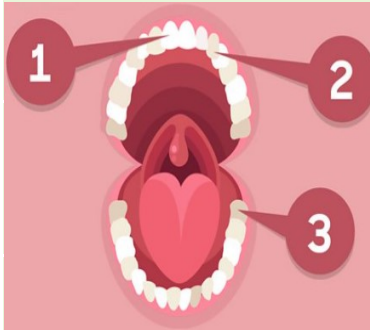


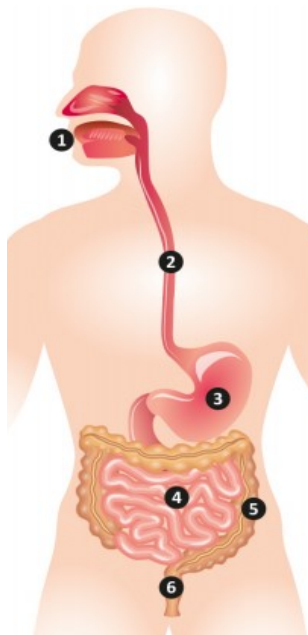
## Science : YEAR FOUR, SUMMER TERM 2

### Animals including Humans (Human **Digestion**) : What happens when we eat?

Key Vocabulary	
<b>acid</b>	A chemical in the stomach that kills harmful bacteria that may have been swallowed along with food.
<b>digestion</b>	When food is broken down and absorbed inside the body after being eaten.
<b>enzyme</b>	A chemical in the body that speeds up changes. Enzymes help break down food.
<b>excretion</b>	The way waste matter (poo) leaves our body.
<b>nutrient</b>	A substance needed by the body to live and grow.
<b>plaque</b>	A layer of bacteria that forms on teeth from the food and drink we digest.
<b>saliva</b>	A liquid made in the mouth that is involved in swallowing.

Our Teeth	
Humans are omnivores and have different types of teeth to digest a variety of foods.	
1. Incisors - <i>for biting and cutting</i>	
2. Canines <i>for ripping and tearing</i>	
3. Molars <i>for chewing and grinding</i>	

Healthy Habits	
teeth 	Brush teeth twice a day to remove <b>plaque</b> .
diet 	Include water and fibre in your diet to get rid of solid waste more easily.
toilet 	Avoid a build-up of solid waste: go to the toilet when you feel the need.
hygiene 	Wash hands with soap after using the toilet to stop germs spreading.



The Human Digestive System
1. Teeth chew food and it mixes with <b>saliva</b> containing <b>enzymes</b> .
2. Muscles in the oesophagus move the ball (bolus) of food down to the stomach.
3. Muscles in the stomach churn the food. <b>Acids</b> and enzymes break it down. Time: 2—6 hours.
4. Partially digested food travels through the small intestine and <b>nutrients</b> are absorbed into the body. Time: 3—5 hours.
5. The large intestine removes excess water from the food that can't be digested to make solid faeces (poo). Time: 4—72 hours.
6. The faeces are stored in the rectum ready for <b>excretion</b> .

SECTION 5

MAP RELEVANT FOR CURRENT TOPIC

SYMBOL

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