

The digestive system

The smell of food triggers **saliva** to be produced.

The digestive system begins with the mouth and teeth where food is chewed.

Saliva is mixed with the food which helps to break it up.

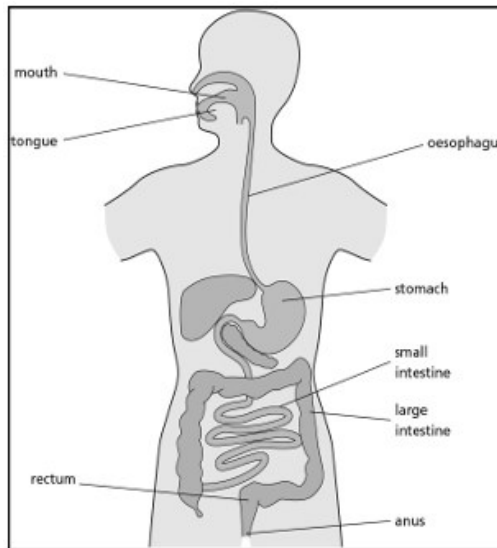
When the food is small enough to be swallowed, it is pushed down the **oesophagus** by muscles to the **stomach**.

In the **stomach**, food is mixed further.

The mixed food is then sent to the small **intestine** which absorbs nutrients from the food.

Any leftover broken down food then moves on to the large **intestine**.

The food minus the nutrients arrives in the **rectum** where muscles turn it into **faeces**. It is



How to care for your teeth

Brush twice a day with toothpaste to remove plaque.

Eat less sugary foods and drink as they damage your teeth.

Go to the dentist regularly for check ups.



Scientific Enquiry

Key Vocabulary

| Vocabulary | Definition |
|------------|---|
| digestion | Breaking down food by the body so it can use it and turn it into energy. |
| excretion | Process of getting rid of waste products in the body e.g. faeces, sweat. |
| nutrients | Different substances found in food that carry our specific jobs in the body. E.g. fibre, protein, vitamins. |
| plaque | Soft, sticky substance that forms on your teeth and contains bacteria |
| saliva | The watery liquid that forms in your mouth and helps food be digested |

Teeth

Teeth are used for cutting and chewing food.

They start the digestive process which gives us the energy we need to live.

Incisors are shovel shaped and help bite lumps out of and cut food.

Canines are pointed for tearing and ripping food - these are usually used when chewing meat.

Premolars and **molars** are flat and they grind and crush food.

