

7 Diet and digestion – Part 1

Name: _____ Class: _____ Date: _____

Vocabulary

Write each word three times.

English	Write it 3 times (English)		
balanced diet	_____	_____	_____
digestive system	_____	_____	_____
carbohydrates	_____	_____	_____
energy	_____	_____	_____
fats	_____	_____	_____
proteins	_____	_____	_____
vitamins	_____	_____	_____
mineral ions	_____	_____	_____
fibre	_____	_____	_____
scurvy	_____	_____	_____
iron	_____	_____	_____
alimentary canal	_____	_____	_____
Physical digestion	_____	_____	_____
surface area	_____	_____	_____
teeth	_____	_____	_____

English**Write it 3 times** (English)

incisors

canines

premolars

molars

Recall

A **balanced diet** gives the body everything it needs. The food is then broken down by the **digestive system**.

New ideas

Read these first, then do the Practice.

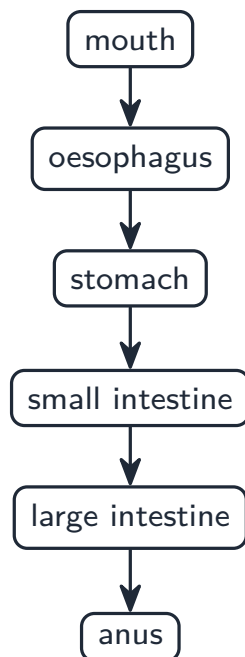
■ 1 A balanced diet

Part of diet	Why you need it
carbohydrates	the main source of energy
fats	an energy store; keep you warm
proteins	growth and repair of cells
vitamins and mineral ions	small amounts keep the body healthy
fibre	keeps food moving through the gut
water	needed for all reactions

Too little vitamin C → **scurvy** ; too little **iron** → too few red blood cells.

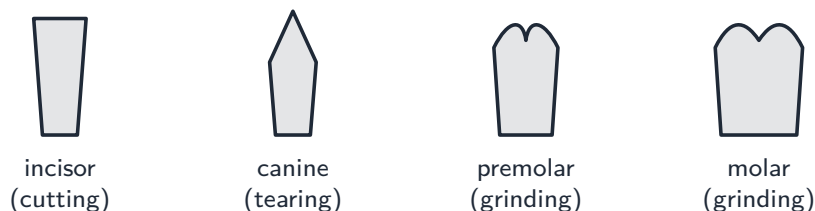
■ 2 The gut

Food passes along one long tube, the **alimentary canal** :



■ 3 Teeth and physical digestion

Physical digestion breaks food into smaller pieces – a larger **surface area** for the enzymes – without changing the molecules. Your **teeth** do this:



incisors cut, **canines** tear, and **premolars** and **molars** grind.

Watch out: each food group has its own job – proteins for **growth and repair**, carbohydrates for **energy**, fats for an energy **store** – don't muddle them. *Physical* digestion (teeth) breaks food into pieces; *chemical* digestion (enzymes) breaks the molecules.

Practice

Try these in order.

7.1 Which part of the diet is the main source of energy? [1]

7.2 What is fibre for? [1]

7.3 Too little vitamin C causes which disease? [1]

7.4 List, in order, the parts food passes through from the stomach to the anus. [2]

7.5 What is the job of the incisor teeth? [1]

7.6 Challenge. A person eats almost no fresh fruit or vegetables. Name the deficiency disease they may get, and the vitamin that is missing. [2]