

7 Diet and digestion – Part 1

Name: _____ Class: _____ Date: _____

Vocabulary 词汇

Write each word three times. 把每个单词抄写三遍。

English	中文	Write it 3 times (English)		
balanced diet	均衡饮食	_____	_____	_____
digestive system	消化系统	_____	_____	_____
carbohydrates	碳水化合物	_____	_____	_____
energy	能量	_____	_____	_____
fats	脂肪	_____	_____	_____
proteins	蛋白质	_____	_____	_____
vitamins	维生素	_____	_____	_____
mineral ions	矿物质离子	_____	_____	_____
fibre	膳食纤维	_____	_____	_____
scurvy	坏血病	_____	_____	_____
iron	铁	_____	_____	_____
alimentary canal	消化道	_____	_____	_____
Physical digestion	物理消化	_____	_____	_____
surface area	表面积	_____	_____	_____
teeth	牙齿	_____	_____	_____

English	中文	Write it 3 times (English)		
incisors	门齿	_____	_____	_____
canines	犬齿	_____	_____	_____
premolars	前白齿	_____	_____	_____
molars	臼齿	_____	_____	_____

Recall

A **balanced diet** 均衡饮食 gives the body everything it needs. The food is then broken down by the **digestive system** 消化系统.

New ideas

Read these first, then do the Practice.

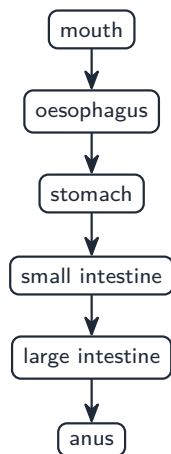
■ 1 A balanced diet

Part of diet	Why you need it
carbohydrates 碳水化合物	the main source of energy 能量
fats 脂肪	an energy store; keep you warm
proteins 蛋白质	growth and repair of cells
vitamins 维生素 and mineral ions 矿物质离子	small amounts keep the body healthy
fibre 膳食纤维	keeps food moving through the gut
water	needed for all reactions

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

■ 2 The gut

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



■ 3 Teeth and physical digestion

Physical digestion 物理消化 breaks food into smaller pieces — a larger **surface area** 表面积 for the enzymes — without changing the molecules. Your **teeth** 牙齿 do this:



incisor
(cutting)



canine
(tearing)



premolar
(grinding)



molar
(grinding)

incisors 门齿 cut, **canines** 犬齿 tear, and **premolars** 前臼齿 and **molars** 臼齿 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]