

Science
Cells and digestion
Book: Body Book
Pages 8-15

Students: Fill in the answers and return for assessment

Everything here is based on our Curriculum Visions Body Book.

In this segment, we are going to learn about cells and how the digestion system works.

You will need to go to pages 8-9 of the book.

Part 1

In your own words, what is a cell?
Draw a picture of a cell.

Answer ...

Students' own answer. Sample answer: They are bags of jelly-like material that make up the body.

Now turn to pages 10-11 of the book.

Part 2

Fill in the chart below.

	How is it used by the body?	What foods can it be found in?
Sugar		
Starch/carbohydrate		
Fat		
Protein		
Vitamins		
Minerals		

Answer ...

	How is it used by the body?	What foods can it be found in?
Sugar	Gives quick energy	Sugar, sweets, fruit
Starch/ carbohydrate	Gives longer term energy	Bread, cereal, sugar, potatoes, pasta
Fats	Concentrated form of energy/used as an energy reserve	Butter, cheese, milk, meat, fish
Proteins	Make and repair the body	Meat, chicken, fish, eggs, milk, peas, beans, cereals
Vitamins	Control chemical reactions in the body	Fruit and vegetables such as apples, oranges, potatoes, milk, tomatoes, bananas
Minerals	Used to help build the body or make parts of the body work	Fruit and vegetables, meat, cereal, milk, cheese

Part 3

Think about what you ate for a recent meal, such as breakfast or lunch. Make a list of the foods you ate, and write down whether they contain starches/ carbohydrates, fats, proteins, vitamins, and/or minerals.

Answer ...

Students' own answers.

Now turn to pages 12-13 of the book.

Part 4

Write down how each of these parts of the mouth help us to eat:

Teeth

Tongue

Glands

Lips

Answer ...

Teeth: tear, grind and chew up food

Tongue: move food and shape it for easier swallowing

Glands: Produce saliva, which helps break down food

Lips: hold food for easier eating, prevent spillage and sense if food is too hot or cold for our mouth

Part 5

Describe what can happen if we do not look after our teeth by brushing and flossing after we eat.

Answer ...

Plaque forms, containing bacteria which release acids that eat away at the teeth, causing tooth decay. Bacteria can also invade the gums, attacking the roots of the teeth and loosening the teeth.

Now turn to pages 14-15 of the book.

Part 6

Imagine that you are eating an apple. Describe what happens to it as it moves through each part of the digestive system (from mouth to stomach, small intestine, and large intestine).

Answer ...

Students' own answer. Sample answer: The food is ground up in the mouth and mixed with saliva, which breaks it down; it is then moved to the stomach where acids break down the food further, release nutrients in the food and kill bacteria; in the small intestine, nutrients are absorbed into the blood; in the large intestine, water is extracted and becomes urine while solid wastes are compacted and become drier, ready for expelling from the body (poo).

That is the end of this worksheet, and you can now turn to another one. Also, find out if your teacher has left you any other worksheets or special instructions on your school website.

If you are interested in this topic, continue to browse the book and watch our amazing videos. They start right on the book cover.

Or you may want to see related books. If so just go to the top of the screen, select science, and from the page that opens choose Body Book.

