

Key Vocabulary:

Healthy Diet: Eating from all food groups to ensure you are healthy

Nutrient: a substance in food that is important for the body to be healthy and grow

Carbohydrates & fats: nutrients that give us energy

Vitamins and minerals: nutrients that keep us healthy

Fibre: a nutrient that helps us with digestion and bowel movements

Protein: a nutrient that helps our body repair and grow

Digestive System: The system in the human body that breaks down all the food that we eat

Canine: pointy teeth used for tearing and ripping food

Premolars: small and flat teeth used for crushing and holding food

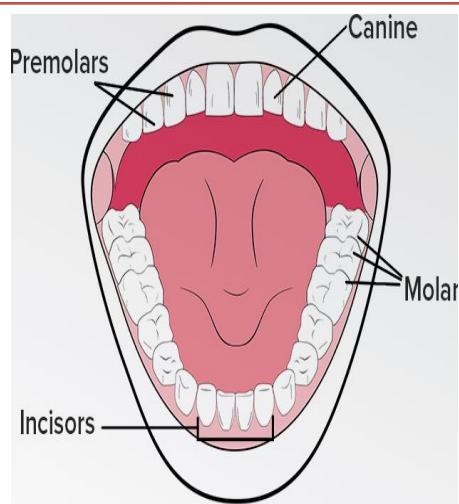
Molars: large and flat teeth used for grinding food

Incisors: shovel shaped teeth used for biting and cutting food

Cavity: a hole in your tooth

Enamel: The hard outer layer of your tooth

Plaque: a sticky substance on your teeth that can weaken or destroy tooth enamel



Holy Family Halewood

Year 3/4 Science

Keeping Healthy

Learning Objectives:

- To identify that humans get the nutrition they need from what they eat
- To describe the simple functions of the basic parts of the digestive system
- Identify the different types of teeth and their simple functions
- To investigate the different foods animals eat
- Construct food chains showing producers, predators and prey

The digestive system

