

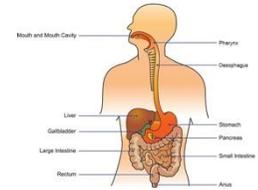
Year 4. w/b 21.9.20.

Science

Animals Including Humans

**LO: Describe the simple functions of the basic parts of the digestive system in humans**

The Components of the Digestive System



**Vocabulary**

Digestive system, mouth, tongue, teeth, oesophagus, stomach, intestines, faeces

**Why do we eat food?**

We need energy to keep on living and we get the energy we need from food. The food we eat is broken down into other substances that our bodies can use. This is called digestion. Digestion allows your body to get the nutrients and energy it needs from the food you eat.

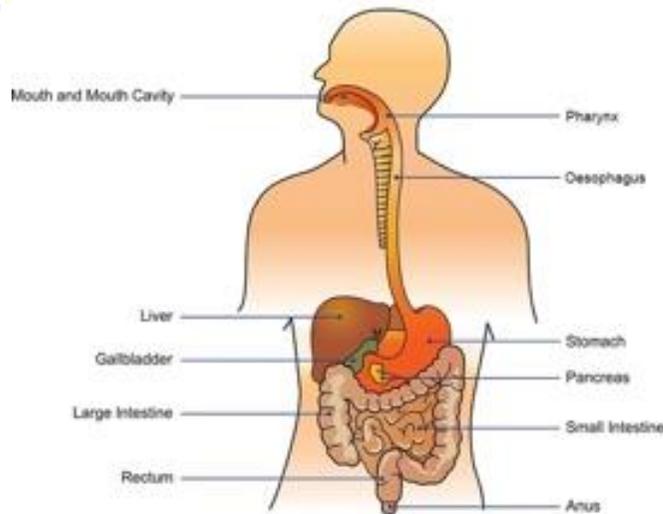
**Websites**

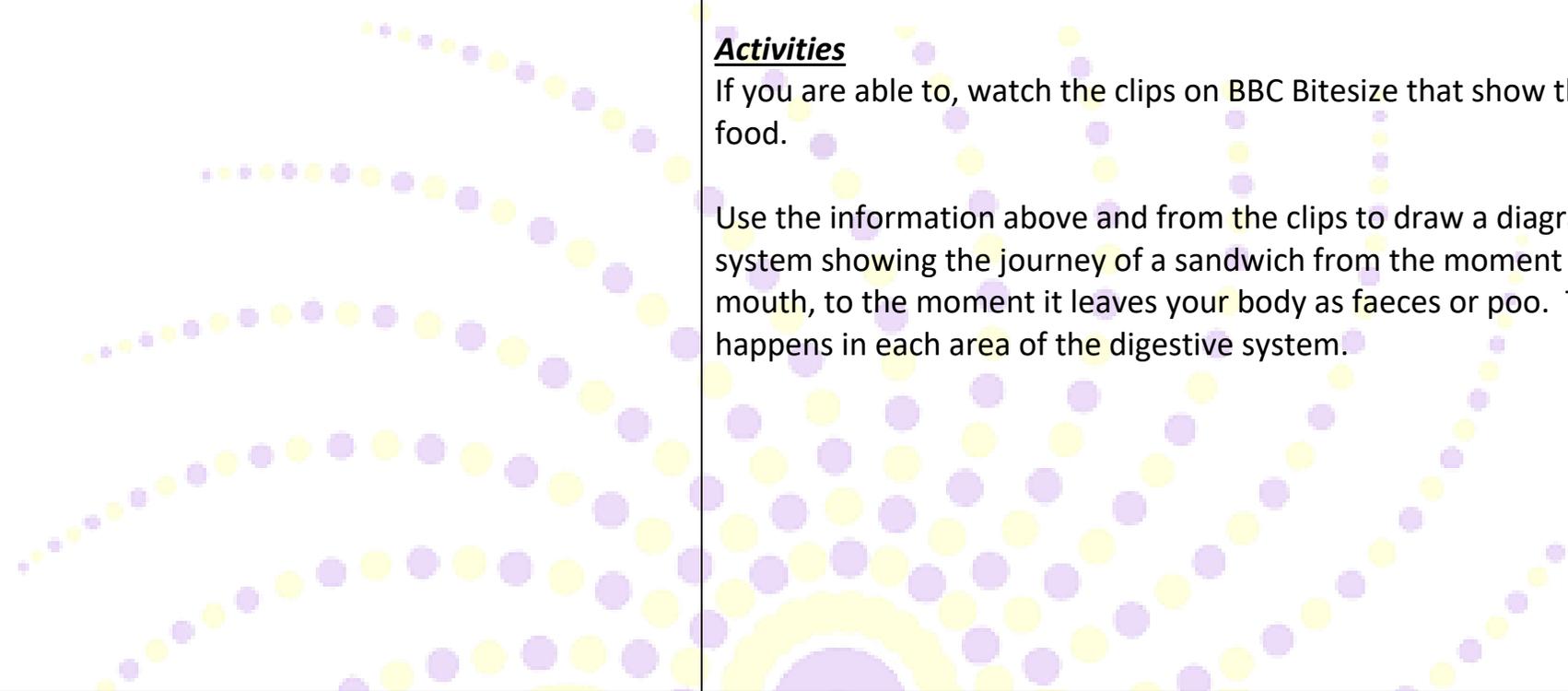
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**Here are the major stages of the digestive system:**

- 1. Chewing** - Chewing is the first stage of the digestive system. When you chew your food it breaks up big pieces into little pieces that are easier to digest and swallow. Also, your saliva is more than just water. It has special [enzymes](#) in it that start to break down starchy food (potatoes, bread) while you chew.
- 2. Swallowing** - Swallowing may seem like a simple process to us. It just sort of happens. But food doesn't just fall down our throats into our stomach. First, our tongue helps to push food into the back of our throat. Then there are special throat muscles that force the food down into a long tube that leads to our stomach, called the oesophagus. The food doesn't just fall down the pipe, muscles push the food along until it gets to our stomach.
- 3. Stomach** - The next stage is the stomach. Food hangs out in the stomach for around four hours. While the food sits there, more enzymes go to work on it, breaking down things like proteins that our bodies can use. The stomach kills a lot of bad bacteria as well, so we don't get sick.
- 4. Small Intestine** - The first part of the small intestine works with juices from the liver and pancreas to continue to break down our food. The second part is where the food gets absorbed from the intestine and into our body through the blood.

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**5. Large Intestine** - The last stage is the large intestine. Any food that the body doesn't need or can't use is sent to the large intestine and later leaves the body as waste.

**Activities**

If you are able to, watch the clips on BBC Bitesize that show the journey of our food.

Use the information above and from the clips to draw a diagram of the digestive system showing the journey of a sandwich from the moment it enters your mouth, to the moment it leaves your body as faeces or poo. Try to explain what happens in each area of the digestive system.