1. Listen and point to the character.

2. Write nutrition or interaction:
   We eat and drink: ___________________
   We move: ___________________

3. Listen and say the chant.
4. Colour the circle.

nutrition
interaction
reproduction
Our digestive system has different parts. Every day different food moves through our digestive system. This is part of nutrition.

1. Listen and read the story.

2. Listen and match.

   esophagus

   intestine

   mouth

   stomach

3. Write the organ.

4. Listen and number the food groups.
There are five different **food groups**. Different food has different **nutrients**. Good nutrition helps us stay healthy and grow.
Our bodies need **oxygen** from the air to work. When we **breathe**, air goes through our **nose** and into our **lungs**.

1. **Listen, write and colour.**

   lungs  nose  trachea

2. **Tick the correct picture. Then complete the sentence.**

   ![Diagram](image)

   I breathe through my ____________________.

3. **Breathe and touch your chest! What happens?**
4. Listen and write.

heart  blood vessels

5. Circle the organ in your circulatory system.

6. Listen and sing the song.

7. Complete with *blood vessels* or *heart*. Then read.

The ____________ pumps the blood.

The ____________ carry the blood to all parts of the body.

Our *respiratory* and *circulatory systems* move the *oxygen* and *nutrients* we need through our bodies. This is part of *nutrition*.
Our excretory system helps us eliminate waste products. It has different parts: kidneys, ureters, bladder and urethra.

1. **Listen and match.**

   - Kidneys
   - Bladder
   - Ureters
   - Urethra

2. **Write the organ.**

3. **Write T (true) or F (false).**

   - The ureters clean the blood.
   - The kidneys are long tubes.
   - The bladder is like a bag.
   - The urethra is a short tube.
4. **Do! Stick in the correct order.**

5. **Match and make sentences.**

   The kidneys... the urethra.
   Finally, urine goes down... clean the blood.
   Urine goes down the ureters... into the bladder.

6. **Think, pair, share!** Write the sentences from activity 5 in order. Then say.

   1. ____________________________________________
   2. ____________________________________________
   3. ____________________________________________

   Our kidneys clean the blood. Urine goes down the ureters into the bladder and then down the urethra. This is part of nutrition.
**Experiment time!**

**QUESTION**

How does your excretory system work?

**HYPOTHESIS**

Write the parts of the excretory system in order. Then complete.

ureters  kidneys  urethra  bladder

I think my excretory system starts with my ________________ and ends with my ________________. 
**MATERIALS**
- template 1.1
- 2 half-litre water bottles
- cardboard
- coffee filters
- flexible straws
- food colouring
- funnel and container
- plasticine

**PROCEDURE**
1. Fill the neck of the bottles with plasticine.
2. Put the straw in the plasticine hole.
3. Put 12-16 coffee filters into each bottle.
4. Attach the bottles and the funnel to the cardboard.
5. Put food colouring in water and pour into the bottles.

**RESULTS AND CONCLUSIONS**

Complete the sentences. Then complete template 1.1.

1. The __________ clean the blood.
2. The __________ are long tubes.
3. The __________ is like a bag.
4. The __________ is a short tube.

---

**DON'T FORGET TO WATCH THE VIDEO!**
1. **Circle the correct words.**

Humans are **reptiles** / **mammals**.

They are **viviparous** / **oviparous**.

They are **born from eggs** / **born directly from their mother**.

2. **Write.**

   - adult
   - baby
   - elderly
   - child

3. **Put the stickers in the correct box.**

   **Human life cycle**

   1. gestation
   2. birth
   3. growth
   4. adulthood
4. Look and write.

- uterus
- fetus
- umbilical cord

5. Number and complete the sentence.

The fetus spends ___________ months inside its mother’s uterus.

6. Circle the organs from each system.

- digestive system
- respiratory system
- circulatory system
- excretory system
- reproductive system

Humans are mammals. The fetus grows inside the uterus and it spends nine months inside it. The umbilical cord connects the baby to its mother.
Health and illness

We need water and food to stay healthy. Not eating well can make us ill.

1. Draw 😊 or 😞.

2. Listen and complete.
   dehydrated  healthy food  water  malnourished

   She’s ____________________.
   She needs to drink ____________________.

   He’s ____________________.
   He needs to eat ____________________.

3. Write healthy or unhealthy.

   __________________________________________

   __________________________________________
4. **Listen and complete the conversation. Then act it out.**

<table>
<thead>
<tr>
<th>flu</th>
<th>headache</th>
<th>medicine</th>
<th>temperature</th>
</tr>
</thead>
</table>

I don’t feel well. I have a ________________.

Let me check your ________________. It’s 38°C. It’s high. I think it’s the ________________.

You should take this ________________ and rest!

5. **Write the treatments. Then choose one for the child.**

<table>
<thead>
<tr>
<th>pills</th>
<th>injection</th>
<th>plaster</th>
<th>eye drops</th>
<th>go to hospital</th>
<th>rest</th>
</tr>
</thead>
</table>

He needs some ________________.

6. **Match. Then colour.**

In an emergency...

stay... adult.
tell an... calm.
call... 112.

A doctor can help us get better when we are ill or hurt. In an emergency, stay calm and tell an adult. If there isn't an adult around, call 112.
Let's revise!

1. **Match.**

   - digestion
   - respiration
   - circulation
   - reproduction

2. **Circle the correct word.**

   - intestine
   - blood vessels
   - heart
   - esophagus
   - heart
   - mouth
   - intestine
   - fetus
   - esophagus
   - blood vessels
   - nose

3. **Match and write sentences.**

   - She’s... malnourished.
   - He’s... healthy.
   - He’s... dehydrated.
4. Circle the parts of the excretory system.

- lungs  
- stomach  
- bladder  
- uterus  
- ureters  
- trachea  
- kidneys  
- urethra

5. Complete and read the text.

We have different systems: respiratory, interaction, excretory, circulatory, reproductive, and digestive.

Humans have three life processes: nutrition, _________, and reproduction.

Our _________ system allows us to get nutrients from food.

Our _________ system allows us to get oxygen from the air.

Our _________ system sends blood from the heart to all parts of our bodies.

Our _________ system helps us get rid of waste products.

Our _________ system allows us to have babies.

My work in this unit is...

- OK
- Good
- Excellent
Study skills!

Write the words and numbers in the correct place. Then label the diagrams.

Food moves through this system. These systems move oxygen through our bodies. This system helps us eliminate waste.

respiratory  circulatory  excretory  reproductive  digestive

1. mouth  esophagus
   intestine  stomach

2. trachea  nose
   lungs

3. heart
   blood vessels

4. uterus
   fetus
   umbilical cord

5. kidneys
   ureters
   bladder
   urethra

Food moves through this system. These systems move oxygen through our bodies. This system helps us eliminate waste.
PICTURE DICTIONARY

FOOD WHEEL

- potatoes, bread, cereals and pasta
- fruit and vegetables
- milk and dairy
- oil and butter
- fish, eggs, meat, beans and pulses

HUMAN LIFE CYCLE

- gestation
- birth
- growth
- adulthood