

Nutrition and reproduction







Experiment time!

Find out how your excretory system works!

- Listen and point to the character.
- Write *nutrition* or *interaction*:

We eat and drink:

We move:

Listen and say the chant.



4. Colour the circle. nutrition interaction reproduction

Our digestive system and food

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

- 2. (5) Listen and match.

esophagus



intestine

mouth

stomach

3. Write the organ.









4. G Listen and number the food groups.











5. Circle the natural food. Then match.



Fruit and vegetables

Fish, eggs, meat, beans and pulses

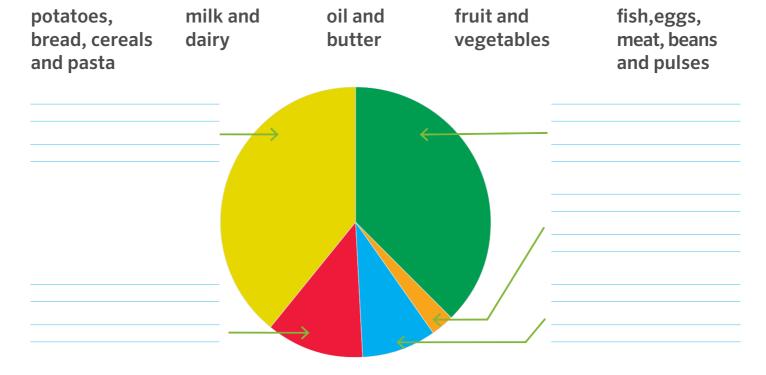
Milk and dairy

Potatoes, bread, cereals and pasta





6. Do! Stick the food groups on the food wheel. Then write.



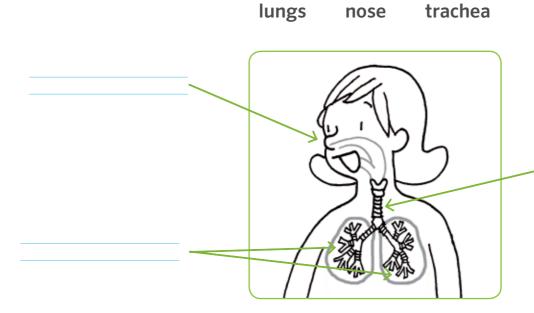
There are five different **food groups**. Different food has different **nutrients**. Good nutrition helps us **stay healthy** and **grow**.



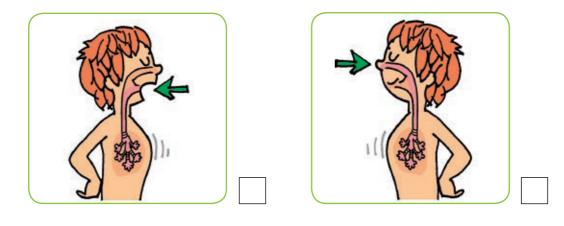
Our respiratory and circulatory systems

Our bodies need **oxygen** from the air to work. When we **breathe**, air goes through our **nose** and into our **lungs**.

1. 67 Listen, write and colour.



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

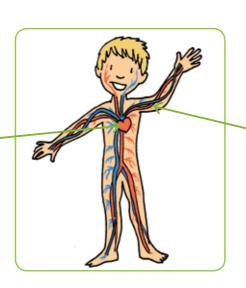


I breathe through my

3. Do! Breathe and touch your chest! What happens?

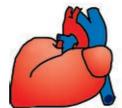
4. Listen and write.

heart blood vessels



5. Circle the organ in your circulatory system.







- 6. 🕠 🎜 Listen and sing the song.
- Complete with *blood vessels* or *heart*. Then read.

pumps the blood. The

carry the blood to all parts of the body. The

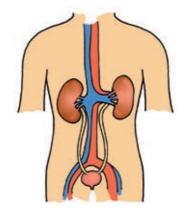
> Our respiratory and circulatory systems move the oxygen and nutrients we need through our bodies. This is part of nutrition.

Our excretory system

Our excretory system helps us eliminate waste products. It has different parts: kidneys, ureters, bladder and urethra.

1. Listen and match.

kidneys



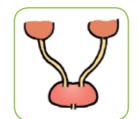
bladder

ureters

urethra

2. Write the organ.









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

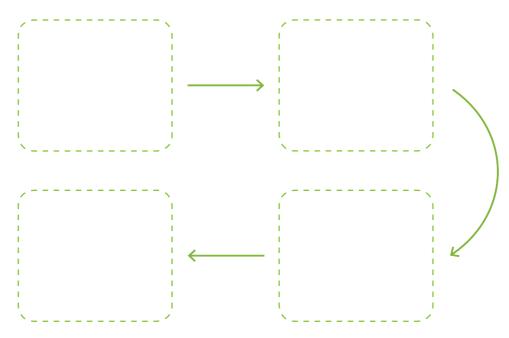
The **ureters** clean the blood.

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...

Finally, urine goes down...

Urine goes down the ureters...

the urethra.

clean the blood.

into the bladder.

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

1.

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!



HYPOTHESIS

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

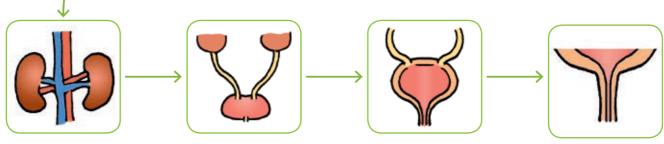
ureters

kidneys

urethra

bladder







I think my excretory system starts with my _____ and ends with

my

TEST YOUR HYPOTHESIS

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.

ureters

kidneys

urethra

bladder

- 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!

What's

Our reproductive system

Humans are viviparous. Humans grow and change. Our reproductive system allows us to have babies.

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



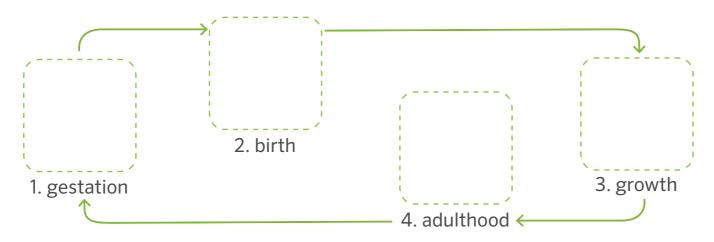






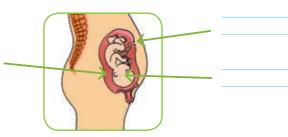
3. Do! Put the stickers in the correct box.

Human life cycle



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 uterus

circulatory system
heart

excretory system

Iungs

bladder

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.

stomach

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. Do! Do! Listen and complete the conversation. Then act it out.

flu headache medicine temperature



I don't feel well. I have a

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

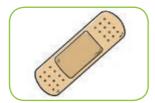
You should take this and rest!



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

pills injection plaster eye drops go to hospital rest

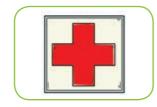














He needs some

6. Match. Then colour.

In an emergency...

stay... tell an...

call...

adult.

calm.

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

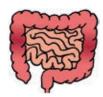
circulation

reproduction





2. Circle the correct word.



intestine blood vessels heart



esophagus heart mouth



mouth intestine fetus



esophagus blood vessels nose

3. Match and write sentences.



She's... malnourished.

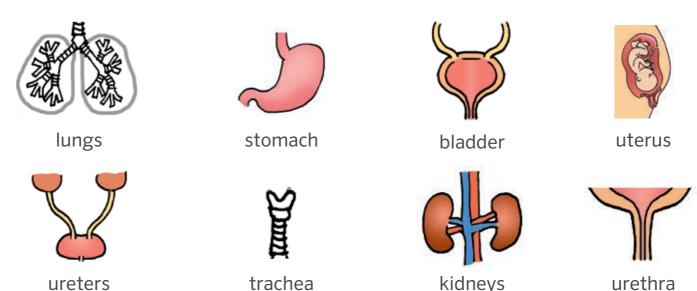


He's... healthy.



He's... dehydrated.

4. Circle the parts of the excretory system.



5. Complete and read the text.

respiratory interaction excretory circulatory reproductive digestive

We have different systems

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...







Study skills!

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

respiratory

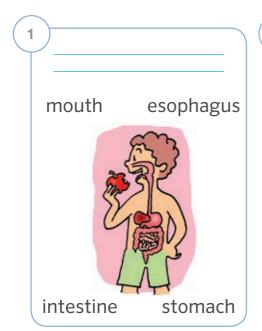
circulatory

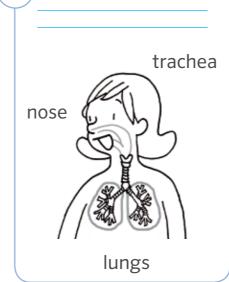
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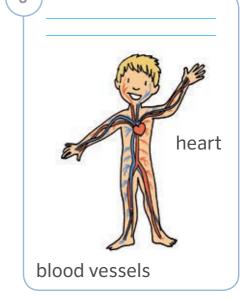
excretory

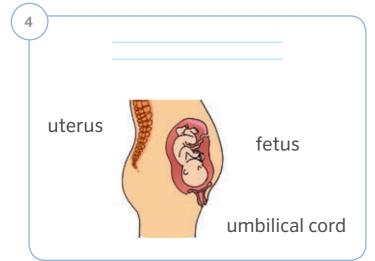
reproductive

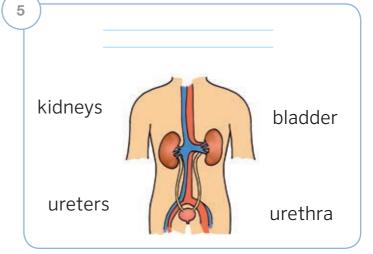
digestive











Food moves through this system.



These systems move oxygen through our bodies.



This system helps us eliminate waste.



