

Tuesday 2nd March

Your Digestive System

Read pages 4-7. Answer your questions in your jotter.

There are some big words in this book. You can click on the words to hear them and help you read them.

1. Why does your body need to digest food?
2. What are cells?
3. Why do cells need nutrients from the food we eat?
4. Research some of the nutrients from food.
 - Which foods are rich in vitamins? How do vitamins help your body?
 - Which foods are rich in proteins? How do proteins help your body?
 - Which foods are rich in carbohydrates? How do carbohydrates help your body?
 - Which foods are rich in fats? How do fats help your body?