

SPOTLIGHT SESSION 2 - YEAR 5



Context

This spotlight session shines a light on the digestive system in a fun and engaging way. Your pupils will learn about the organs in the digestive system, foods that support the digestive system, and how we can make healthy choices for our body.

You will have the choice between paper activities and practical activities to engage your pupils, helping them retain the key messages, depending on what suits your class best.

Aims of Spotlight Session 2

- To understand how nutrients are transported around the body
- To understand the benefits of eating a healthy, nutritious diet for the digestive system
- To be able to describe the basic parts of the human digestive system

Learning Objective Overview

Part 1 - The Mouth	<ul style="list-style-type: none">• To explain the role of the mouth in the digestive system (that the mouth is the first part of the digestive system)• To understand the different teeth in the human mouth (Canines, incisors, pre-molar, molars)
Activity 1	Reinforcing information around the teeth and their importance in the digestive system
Part 2	<ul style="list-style-type: none">• To be able to discuss the basic organs involved in the digestive system (mouth, oesophagus, stomach, small intestine and large intestine)• To understand that the digestive system absorbs the nutrients from our food to nourish your body.• To understand that fibre is important for your digestive health (think carbohydrates, legumes, fruits and vegetables)
Activity 2	Reinforcing knowledge on the key organs in the digestive system.
Part 3	<ul style="list-style-type: none">• To understand that food is enjoyable, and how we cook food can alter the flavours.• To understand the organs involved in the digestive system
Activity 3	Reinforcing information around healthy balanced diets, and creating a balanced meal.

Curriculum links for Year 5

- Science (Humans) – Identify the main body parts associated with the digestive system and describe the ways in which nutrient and water are transported through the body.
- Design & Technology (Cooking and Nutrition) – Understand and apply the principles of a healthy and varied diet.
- RSE – Know what consists of a healthy diet and understanding nutritional content.

Activity Recommendation

We have designed multiple activities for you to choose the best option for your class and their style of learning, you have the following options to follow each video:

1. Knowledge retention Quizzes
 - Simple PowerPoints to engage your pupils in conversations and voting for the correct answers
2. Practical Experiments
 - Teacher-led or small group experiments to help reinforce key learnings
3. Paper Activities
 - Individual paper activities to engage your pupils on key topics discussed in the videos