

PART2: CAN YOU LABEL THE DIGESTIVE SYSTEM?

Cut out the labels and stick them onto the body to complete the digestive system.



YOUR LABELS

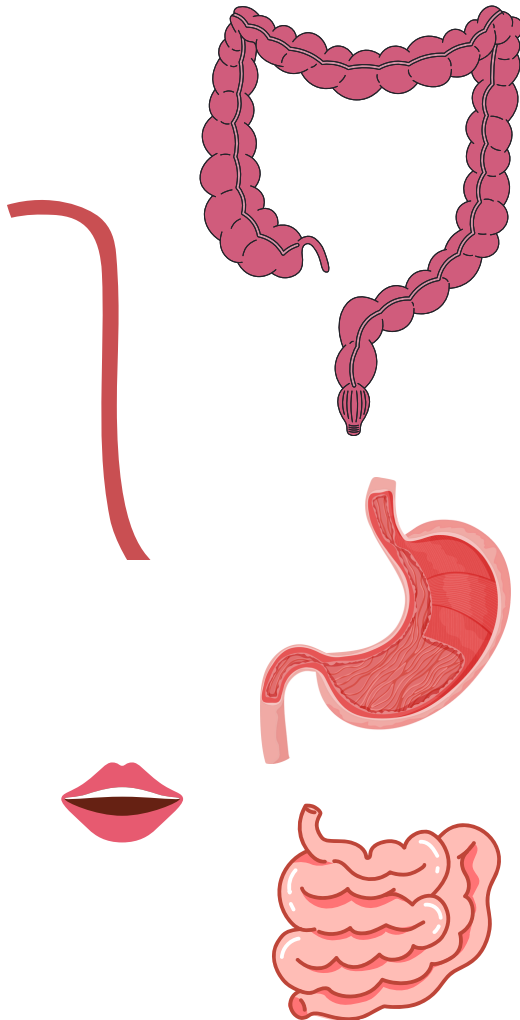
STOMACH

SMALL INTESTINE

MOUTH

LARGE INTESTINE

OESOPHAGUS



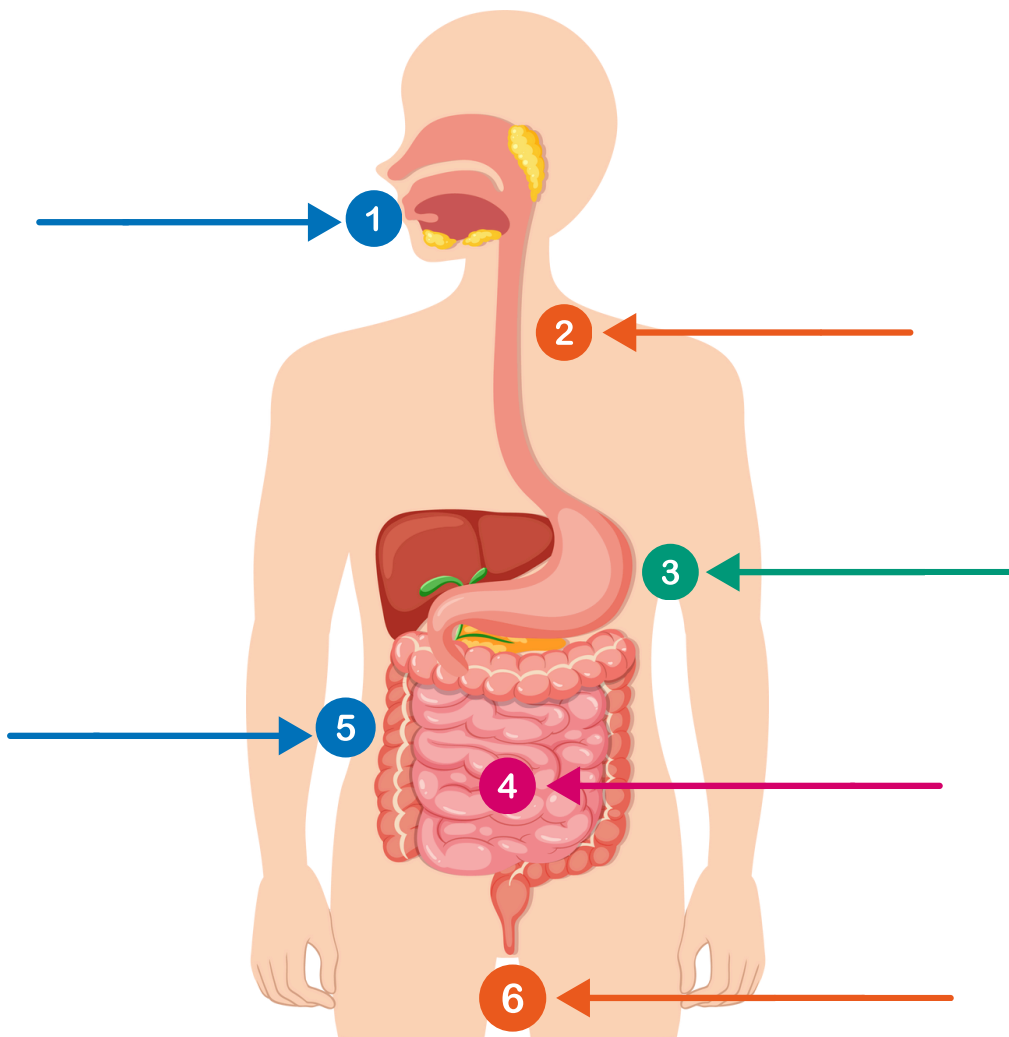
BEYOND *the*
Chartwells
KITCHEN



PART2: UNDERSTANDING THE DIGESTIVE SYSTEM

Complete this worksheet to better understand more about your digestive system.

Part 1: Can you correctly label the digestive system?



Anus Mouth Oesophagus Small intestine Stomach Large intestine

Part 2: Can you explain why the digestive system is important for us...

Word bank: food, nutrients, absorb, energy, fuel, healthy

Part 3: Can you explain why a balanced diet is important for our digestive system... **Word bank:** fibre, healthy, nutrients, energy

Part 4: Please draw some foods you might see in a balanced diet.

Try to think about which of these foods will also support your gut health.

PART2: CAN YOU LABEL THE DIGESTIVE SYSTEM?



Complete this worksheet to better understand more about your digestive system.

Part 1: Can you correctly label the digestive system?

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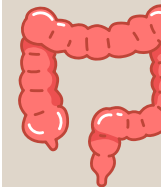
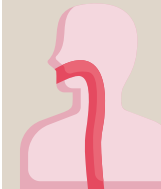
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Part 2: Can you fill in the gaps about the function of the digestive system?

This is where _____ begins. Food is broken down by _____, which triggers your body to make saliva that contains digestive enzymes.

Your tongue pushes your _____ to the back of your throat to travel down your _____.

The muscles in this organ churn and mix with _____. This acid helps digest food and gets rid of unwanted _____.
Food is now called chyme.

Vitamins and minerals are _____ into the body here. Proteins, fats and _____ are also absorbed here.

This is where the body removes _____ from the chyme.

The unwanted food and _____ is ready to _____ the body.

Anus Mouth Oesophagus Small intestine Stomach Large intestine

Water Digestion Absorbed Oesophagus Waste Food Bacteria
Leave Stomach acid Chewing Carbohydrates