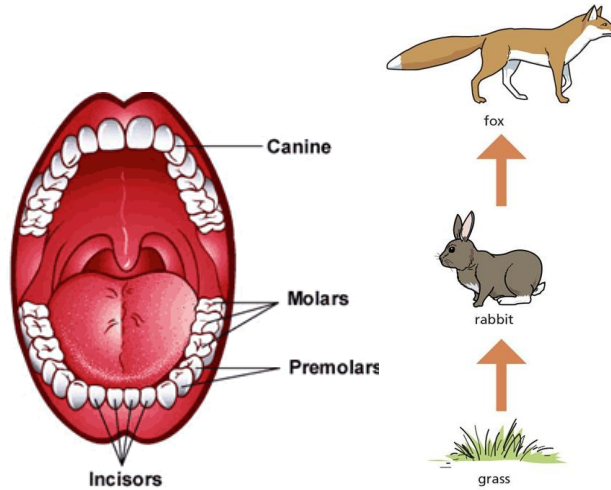


What goes in must come out!

Have you ever wondered what happens to our food once we have eaten it?

Digestion is the process by which the food we eat gets broken down into other substances that our bodies can use, such as energy and other nutrients.

Digestion happens in the **digestive system**. This is a series of organs that break the food down so it can be absorbed into our bloodstream.



Food Chains

A food chain shows the transfer of energy through plants and animals.

A food chain always starts with a **producer**. This is an organism that makes its own food, for example plants can make their own food by a process called **photosynthesis**.

A living thing that eats other plants and animals is called a **consumer**.

A **predator** is an animal that eats other animals. The animals that **predators** eat are called **prey**.

Predators are found at the top of a food chain.



Humans have 4 main types of teeth: **Incisors, Canine, Premolars and Molars** and all 4 are important for breaking down different types of foods.

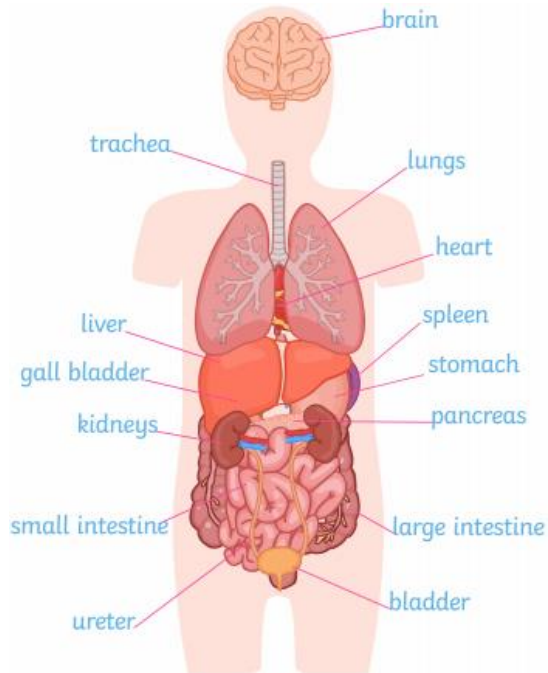
Incisors are used to bite off and chew pieces of food.

Canine teeth are used for tearing and ripping food.

Premolars are used for holding and crushing foods.

Molars are used to grind our food.

Did you know that archaeologists have been able to identify types of dinosaurs by their teeth? They can even tell if they were herbivores, carnivores or omnivores!



Design and Technology

We need energy to help our bodies grow and repair themselves. Food helps provide our muscles with the right minerals and nutrients.

Which foods are good for our bodies?

How much of each food group do we need in order to have a healthy lifestyle?