

# Walk Like An Egyptian: How do we get nutrients from our food?

## 3. How do we absorb nutrients from food?

The walls of the small intestine absorb the digested nutrients into the bloodstream. The blood delivers the nutrients to the rest of the body.

## 5. How do we protect our teeth from decay?

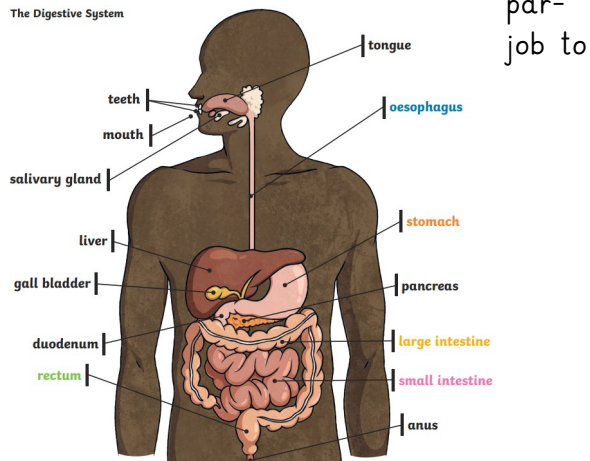
- limit sugary food and drink
- brush teeth at least twice daily using a fluoride toothpaste
- visit your dentist regularly

- Eat lots of fruit and vegetables to keep your digestive system healthy.
- Regularly go to the dentist.

- Eat lots of sugar as this will ruin your teeth.
- Forget to brush your teeth regularly.

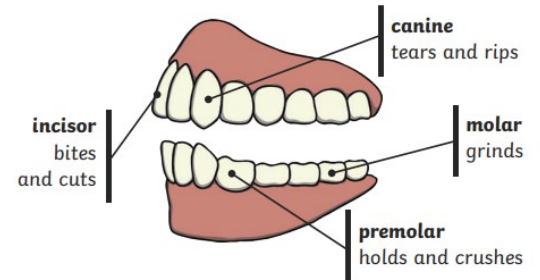
## 2. What is the digestive system?

Digestion is the how the body breaks down food so it can be taken in and used. There are many organs in the digestive system each with a particular job to do.



## 4. What is the role of teeth in the digestive system?

Teeth break down food for swallowing and further digestion.



Some people have wisdom teeth but they have no function now.

### Key Vocabulary

<b>digest</b>	Break down food so it can be used by the body.
<b>oesophagus</b>	A muscular tube which moves food from the mouth to the stomach.
<b>stomach</b>	An organ in the digestive system where food is broken down with stomach acid and by being churned around.
<b>small intestine</b>	Part of the intestine where nutrients are absorbed into the body.
<b>large intestine</b>	Part of the intestine where water is absorbed from remaining waste food. Faeces are formed in the large intestine.
<b>rectum</b>	Part of the digestive system where faeces are stored before leaving the body through the anus.



### Significant events/places/people

Pierre Fauchard (1678- 1761) was the 'Father' of modern dentistry. He considered teeth as very important for health and exposed the dangers of using dust powders sold at the time for teeth whit-



## 1. Why do we eat different types of food?

Different foods provide different types and amounts of key nutrients. (Building upon knowledge from Year 3)

An Example of a Food Chain  
The arrows in a food chain show the flow of energy.

