



Health and Safety



Do's

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



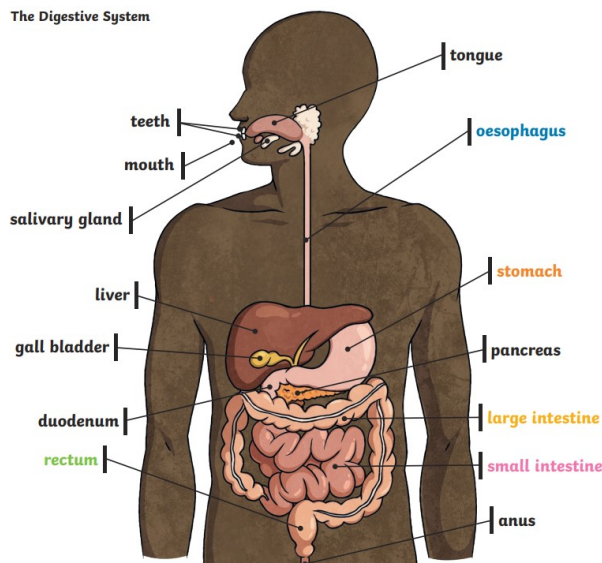
Don'ts

- 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.

The Digestive System



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.

4. How do we protect our teeth from decay?

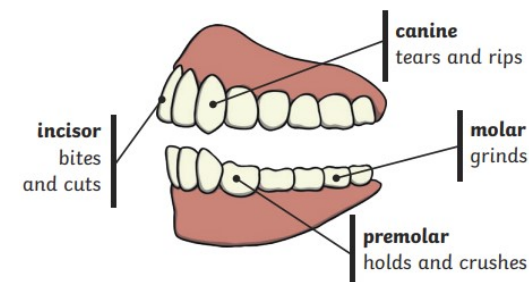
- limit sugary food and drink;
- brush teeth at least twice daily using a fluoride toothpaste;
- visit your dentist regularly.

Key Vocabulary

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

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.

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 whitening!



Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

1. Why do we eat different types of food?

Different foods provide different types and amounts of key nutrients.

An Example of a Food Chain

The arrows in a food chain show the flow of energy.

