



# Biology

## Science Y4: Digestive System and Food Groups

### Vocabulary

**digestive system** the internal system that digests food to turn into nutrients and waste products

**oesophagus** organ connecting the throat to the stomach

**stomach** organ where chemicals break down food into smaller parts

**small intestine** organ where nutrients are absorbed into your body

**large intestine** organ which turns food waste into faeces (pooh)

**anus** organ where faeces (pooh) leaves your body

**Food groups** foods that can be grouped together that have similar characteristics

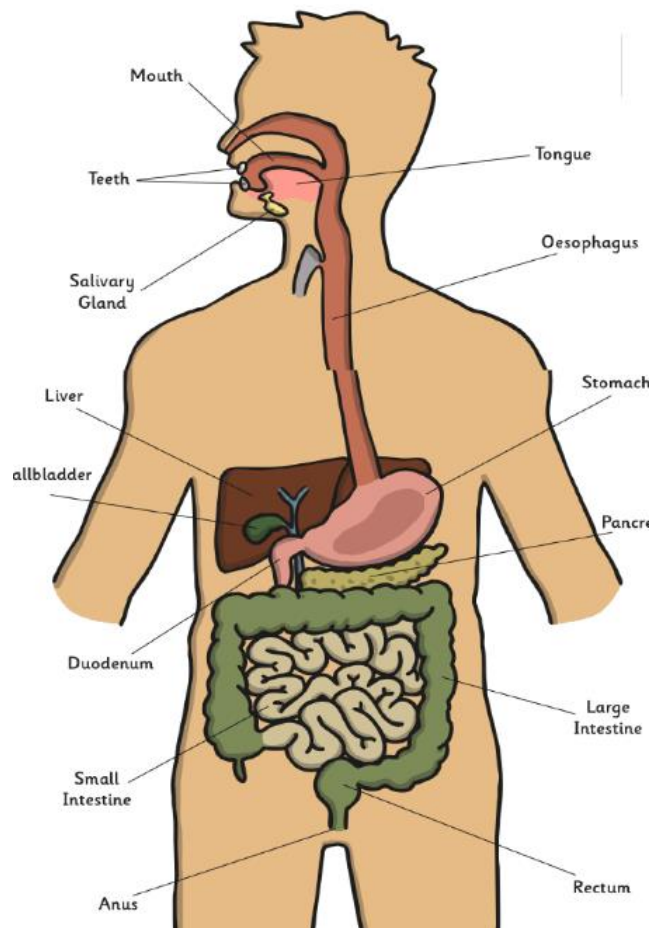
**balanced diet** a healthy diet made up of the right amount of each food group

### Scientists

William  
Beaumont,  
1785-1853



### The Digestive System



### Key knowledge

Our body needs food to provide it with the right energy, vitamins, and minerals. In order to do this, we need to have a balanced diet. However, in order use food, we must first break it down into substances that the various organs and cells in our body can use. This is the job of our digestive system. The digestive system acts in stages to digest our food. Each stage is important and prepares the food for the next stage.

### Food Groups



Fruit and vegetables, carbohydrates, protein, dairy, fats and sugars.

### Links to prior learning and next steps:

Year 3: Living Things  
Year 4: Skeletons

### Links to other subjects:

Science: Teeth  
Geography: Change