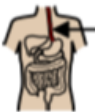
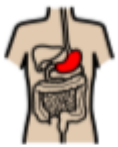
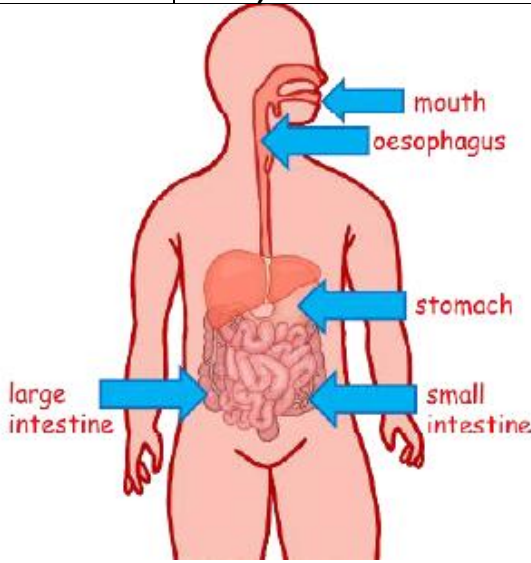


The Marist Primary School		Knowledge Organiser			
Year 4 Spring 1: digestion and healthy eating					
Lesson 1 Can I explain how food is digested in humans?		Lesson 2 Can I explain the functions of the digestive system?	Lesson 3 Can I investigate how food changes through the digestive system?	Lesson 4 Can I understand the purpose of nutrients?	Lesson 5 Can I understand how our bodies get rid of waste?
digest	Break down food so it can be used by the body.	 oesophagus	The tube connecting your mouth and your stomach. Once food has been swallowed, it squeezes and pushes food down into your stomach.	 intestines	Here nutrients are absorbed into the blood stream and carried all around the body, leaving the waste to travel through the intestines and exit the body.
 digestive system	A system of organs that get food in and out of the body and which make use of the food to keep the body healthy.	 stomach	Here enzymes and digestive acid digest the food. As the food breaks down, nutrients are released.		
 mouth	This is where food enters and is broken down by chewing. Teeth crush the food into smaller pieces and the tongue helps move, taste and swallow food.	 nutrients	A substance that provides nourishment essential for the maintenance of life and for growth.		