

Topic: Human Nutrition

Year: 4

Term: 1

What should I already know?

- The parts of the human body and what they do.
- All animals need water, air and food to survive.
- The different ways in which humans are healthy.
- Animals get nutrition from what they eat.
- Humans and some animals have skeletons and muscles for support, protection and movement.
- What carnivores, omnivores and herbivores are.
- Excretion is one of the seven living processes.

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- Movement
- Respiration
- Sensitivity
- Growth
- Reproduction
- Excretion
- Nutrition

Vocabulary

absorb	soak up or take in
canine	pointed teeth near the front of the mouth of humans and of some animals
carnivore	an animal that eats meat
decay	gradually destroyed by a natural process
digestion	breaking down ingested food material
enamel	the hard white substance that forms the outer part of a tooth
excretion	the process of eliminating faeces, urine, or sweat from the body
faeces	the solid waste substance that people and animals get rid of from their body
herbivore	an animal that only eats plants
incisor	the teeth at the front of your mouth which you use for biting into food
ingested	when animals or plants ingest a substance, they take it into themselves, for example by eating or absorbing it
intestines	the tubes in your body through which food passes when it has left your stomach
molar	the large, flat teeth towards the back of your mouth that you use for chewing food
muscles	something inside your body which connects two bones and which you use when you make a movement
nutrition	the process of taking food into the body and absorbing the nutrients in those foods
oesophagus	the part of your body that carries the food from the throat to the stomach
omnivore	person or animal eats all kinds of food, including both meat and plants
organ	a part of your body that has a particular purpose
plaque	a substance containing bacteria that forms on the surface of your teeth
premolar	two situated on each side of both jaws between the first molar and the canine
saliva	the watery liquid that forms in your mouth and helps you to chew and digest food
stomach	the organ inside your body where food is digested before it moves into the intestines

What will I know by the end of the unit?

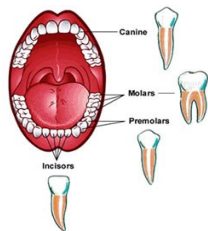
What is the role of our teeth and how do we look after them?

- Teeth are used for cutting and chewing food.
- They start the digestive process which gives us the energy we need to live.
- Humans look after their teeth by brushing and flossing and ensuring that they do not eat foods high in sugar.
- Not looking after teeth can lead to an increase in plaque and tooth decay.



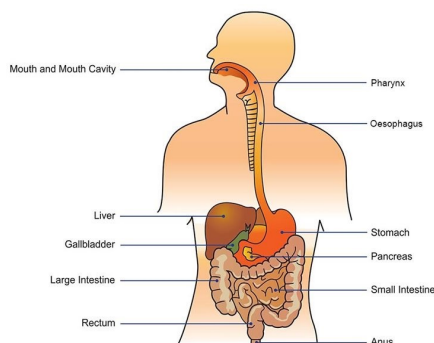
What are The different names and functions of human teeth?

- Canines are pointed for tearing and ripping food - these are usually used when chewing meat.
- Incisors are shovel shaped and help bite lumps out of and cutting food.
- Premolars and molars are flat and they grind and crush food.



Diagram—The Human Digestive System

- The smell of food triggers saliva to be produced.
- The digestive system begins with the mouth and teeth where food is ingested and chewed.
- Saliva is mixed with the food which helps to break it up.
- When the food is small enough to be swallowed, it is pushed down the oesophagus by muscles to the stomach.
- In the stomach, food is mixed further.
- The mixed food is then sent to the small intestine which absorbs nutrients from the food.
- Any leftover broken down food then moves on to the large intestine.
- The food minus the nutrients arrives in the rectum where muscles turn it into faeces. It is stored here until it is pushed out by the anus. This is called excretion.



Investigate!

- Investigate the amount of sugar in drinks and learn how sugar leads to an increase in plaque and how this destroys tooth enamel.
- Compare the teeth of carnivores, omnivores and herbivores. What do you notice?
- Match animals to their teeth and explain your reasons for this.
- Identify the parts of the digestive system and explain their functions.
- Create a presentation to show how our food is digested.

Skills to be covered in this unit

- Describing the simple functions of the basic parts of the digestive system in humans
- Identifying the different types of teeth in humans and their simple functions
- Asking relevant questions and using different types of scientific enquiries to answer them
- Setting up simple practical enquiries, comparative and fair tests
- Reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions
- Using results to draw simple conclusions, make predictions for new values, suggest improvements and raise further questions