

① Use the words in the box to complete the body systems chart.

heart    large intestine    veins    ureters    arteries    kidneys    capillaries  
 urethra    small intestine    ~~mouth~~    bladder    trachea    brain    pharynx    tongue  
 eyes    bronchi    lungs    stomach    nerves    alveoli    skin    ears

Circulatory system	Respiratory system	Digestive system	Excretory system	Nervous system
		<i>mouth</i>		

② Read the definitions of the body systems and identify the system.

a. This system breaks down food into nutrients.

\_\_\_\_\_

b. This system makes it possible for us to have babies.

\_\_\_\_\_

c. This system moves blood through the heart and around the body.

\_\_\_\_\_

d. This system helps us breathe in oxygen and breathe out carbon dioxide.

\_\_\_\_\_

e. This system excretes waste from our body.

\_\_\_\_\_

③ Circle *True* or *False*. Copy true the sentences and correct the ones that are false.

a. Blood gives our cells the carbon dioxide they need.

True / False

*Blood gives our cells the oxygen they need.*

b. Two organs called livers clean waste from our blood.

True / False

c. Oxygen passes into our blood through the alveoli.

True / False

d. When we breathe in, the diaphragm relaxes.

True / False

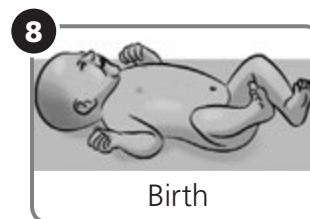
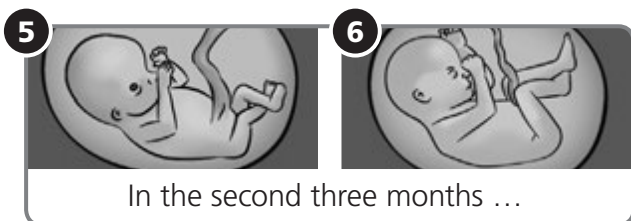
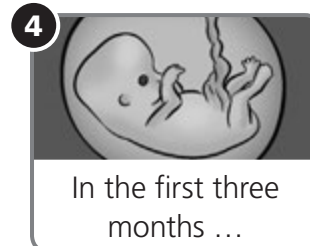
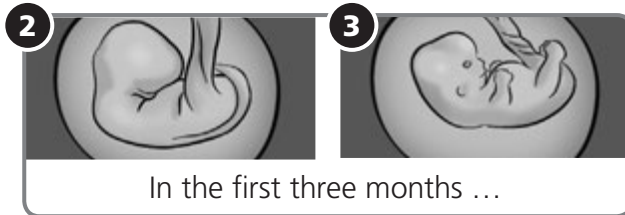
e. Waste leaves the body through the anus.

True / False

f. The brain sends information to parts of the body via the nerves.

True / False

④ Order the sentences about how we are born.



a. The embryo is the size of a small seed.

☐

e. A sperm joins an ovum and the reproduction process begins.

☐ 1

b. The foetus has all its organs and continues to grow.

☐

f. The foetus is developed and preparing to be born.

☐

c. Limbs start to grow and the organs develop.

☐

g. The face starts to form.

☐

d. The baby is born.

☐

h. The embryo becomes a foetus.

☐

- ⑤ By eating healthily we can keep our body systems working properly. Use the words in the box to complete the following sentences.

carbohydrates   potassium   proteins   iron   ~~vitamin C~~

- a. Vitamin C strengthens the immune system.
- b. \_\_\_\_\_ build muscle and help us grow.
- c. \_\_\_\_\_ provide fibre which helps move food through the digestive system.
- d. \_\_\_\_\_ helps blood carry oxygen around the body.
- e. \_\_\_\_\_ helps your heart, muscles and nervous system work properly.
- ⑥ Explain in your own words why you should or shouldn't do these things.
- a. Eat a lot of fast food: We shouldn't eat a lot of fast food because it contains additives and can cause weight problems.
- b. Exercise regularly: \_\_\_\_\_
- c. Keep clean: \_\_\_\_\_
- d. Smoke or drink alcohol: \_\_\_\_\_
- e. Play video games too often: \_\_\_\_\_
- f. Have medical check-ups: \_\_\_\_\_
- g. Get enough sleep: \_\_\_\_\_

⑦ Plan a healthy, balanced lunch. Remember to include different nutrients.

First course: _____ _____ _____ _____	Draw the lunch here:
Second course: _____ _____ _____ _____	
Desert: _____ _____ _____ _____	
Drink: _____ _____ _____ _____	

⑧ Classify the food from your lunch into the correct nutrient group. *My lunch is balanced because it has:*

**a. carbohydrates:** \_\_\_\_\_

**b. proteins:** \_\_\_\_\_

**c. vitamins:** \_\_\_\_\_

**d. minerals:** \_\_\_\_\_

**e. fats (a little):** \_\_\_\_\_

⑨ Match the two columns.

## 1. Monera Kingdom

- **a. crocodile**

## 2. Protist Kingdom

- **b. yeast**

### 3. Fungus Kingdom

- **c. amoeba**

#### 4. Animal Kingdom

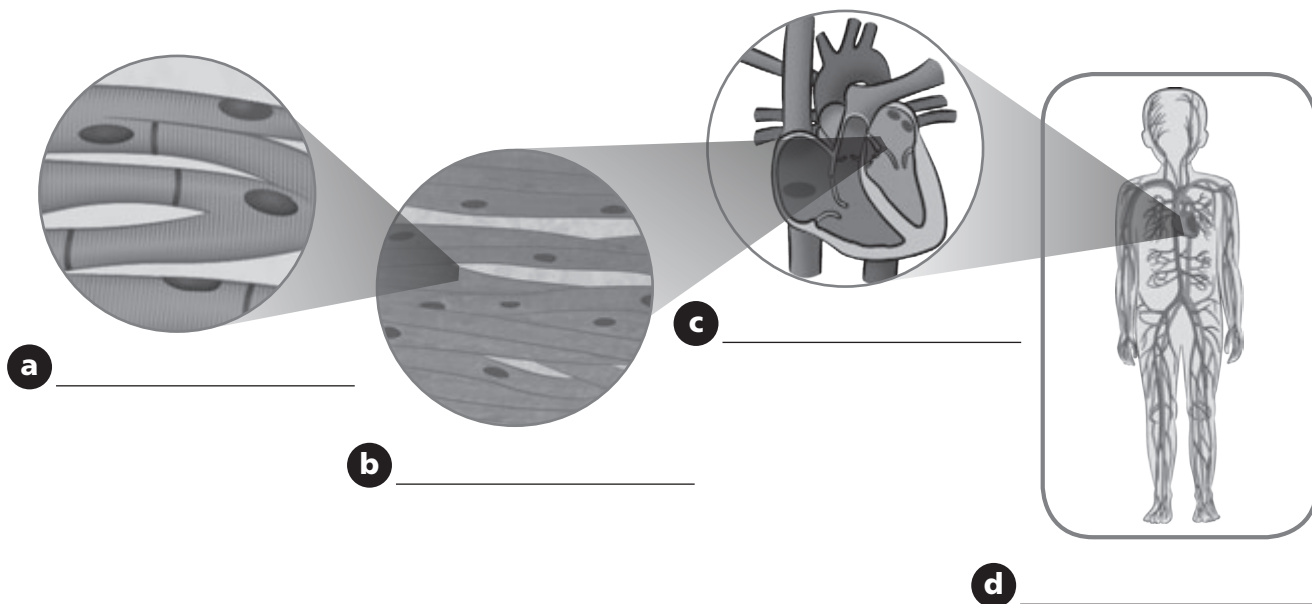
- **d. algae**

## 5. Plant Kingdom

- e. trees

10 How are living things organised? Label the diagram and complete the sentence.

body system    tissue    organism    organ    cell



When all the systems work together they form an **e** \_\_\_\_\_, or living thing.

11 Complete the sentences about the life processes of living things.

- Plants make their own food using \_\_\_\_\_.
- \_\_\_\_\_, such as fungi and bacteria, feed on dead plants and animals.
- All living things \_\_\_\_\_ with their environment. They move, communicate and react to the world around them.
- Most animals are \_\_\_\_\_, which means they lay eggs.
- Most plants reproduce using \_\_\_\_\_, but some reproduce using spores.
- In the day, plants produce their own \_\_\_\_\_ through photosynthesis. At night, they take it in from the air.