



# Where does all the food go?

National Curriculum link: Animals including humans

Year 4, HT4



Prior knowledge (retrieval practice)

## Key Vocabulary (substantive knowledge)

1	canine	A pointy tooth. Used to bite and tear food.
2	incisor	Used to cut food into smaller bits. We have 4 incisors.
3	premolar	Used to crush food.
4	tooth decay	Tooth decay is caused by bacteria in the mouth. These bacteria make a sticky substance called plaque that can eat away at a tooth's enamel.
5	carbohydrate	Bread, cereals, pasta, rice, and sweet foods are mostly carbohydrates. You need them to give you energy.
6	fats	A small amount of fat is an essential part of a <u>healthy, balanced diet</u> . Fat is a source of essential fatty acids, which the body cannot make itself.
7	protein	Protein builds, maintains, and replaces the tissues in your body. You'll find protein in lots of yummy foods like eggs, nuts, beans, fish, meat, and milk.
8	dairy	The main source of calcium - a nutrient we all need for strong bones and teeth.

9	balanced diet	A diet consisting of a variety of different types of food from the different food groups.
10	oesophagus	Food is swallowed down here and passes into the stomach.
11	stomach	Food is digested (broken down) here. Also contains acid to kill harmful microorganisms that might be in our food.
12	Small intestine	Food continues to be digested here and also absorbed into our blood stream.
13	Large intestine	Where water moves back into the blood and faeces are formed.
14	enzymes	They help the body perform such tasks as digestion and growing new cells.



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## Key Concepts (substantive knowledge)

Know the different types of teeth and what they are used for.

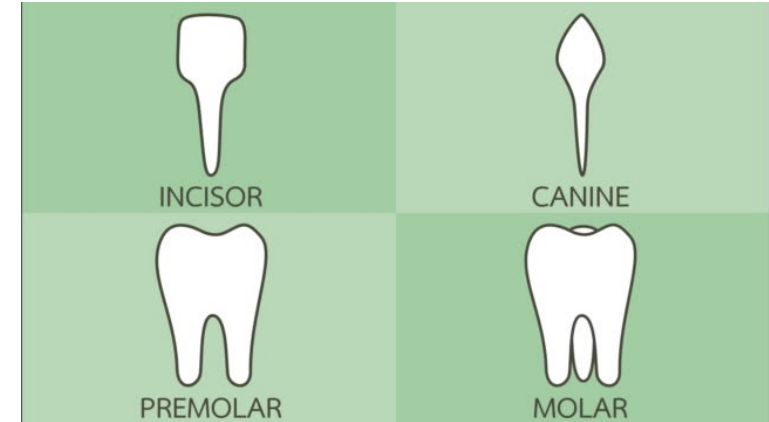
Know the ways to look after my teeth.

Know the consequences for not looking after my teeth

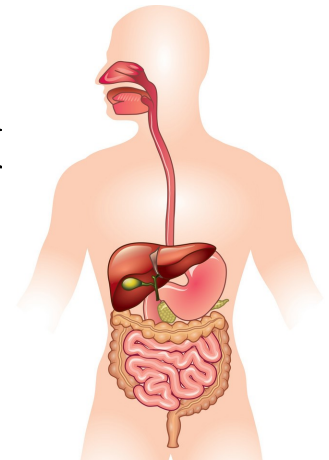
Know the 5 food groups and foods that go in them.

Know what a balanced diet is.

Know the parts of the digestive system and its sequence.



Career Idea:  
Dentist



## Working scientifically (disciplinary)

Grouping and classifying

Using secondary sources of information to answer questions