

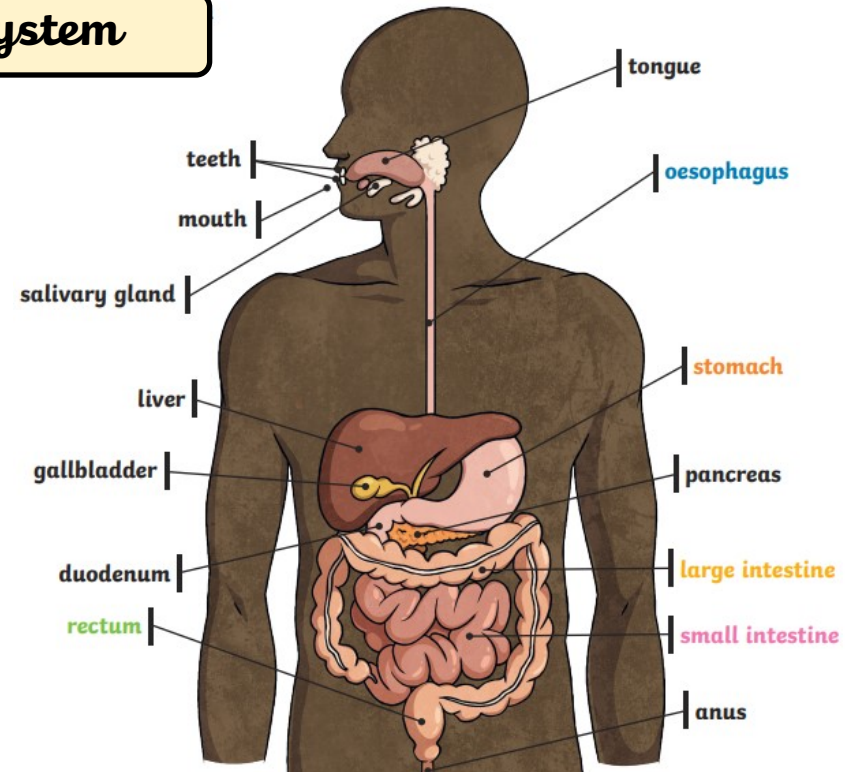
## Vocabulary

Word	Meaning
<b>digest</b>	Break down food so it can be used by the body.
<b>oesophagus</b>	A muscular tube which moves food from the mouth to the stomach.
<b>stomach</b>	An organ in the digestive system where food is broken down with stomach acid and by being churned around.
<b>small intestine</b>	Part of the intestine where nutrients are absorbed into the body.
<b>large intestine</b>	Part of the intestine where water is absorbed from remaining waste food. Stools are formed in the large intestine.
<b>rectum</b>	Part of the digestive system where stools are stored before leaving the body through the anus.
<b>herbivore</b>	An animal that eats plants.
<b>carnivore</b>	An animal that feeds on other animals.
<b>omnivore</b>	An animal that eats plants and animals.

## The Digestive System

### Digestion Facts

- The average stomach has the capacity of 15 cups of water.
- The intestines are about 6m long.
- It takes 10 seconds for food to reach the stomach, down the oesophagus.

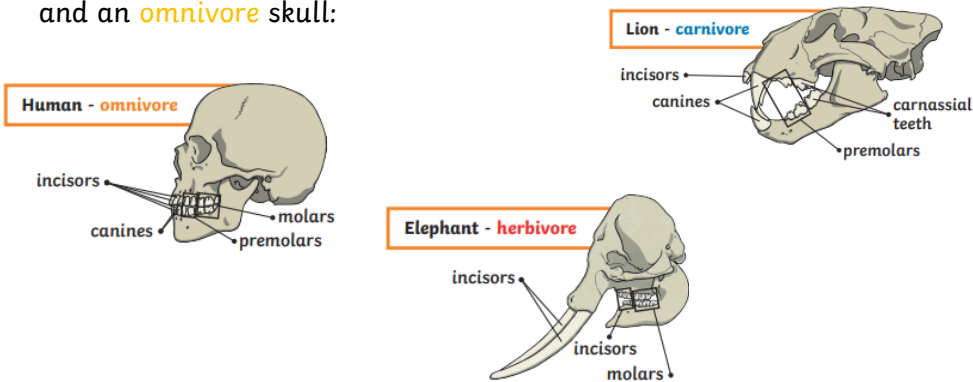


## What is the digestive system?

The softening of food so that it can pass through the body and each individual organ has an important role to play in extracting all the nutrients required to keep us healthy and full of energy. The teeth are an important part of the digestive system and every tooth has a special job to do. Animals also have specific teeth for their various diets, some are carnivores, some are omnivores and some are herbivores. Looking after teeth is also extremely important and thinking about our diet and the choices we make to prevent decay and cavities.

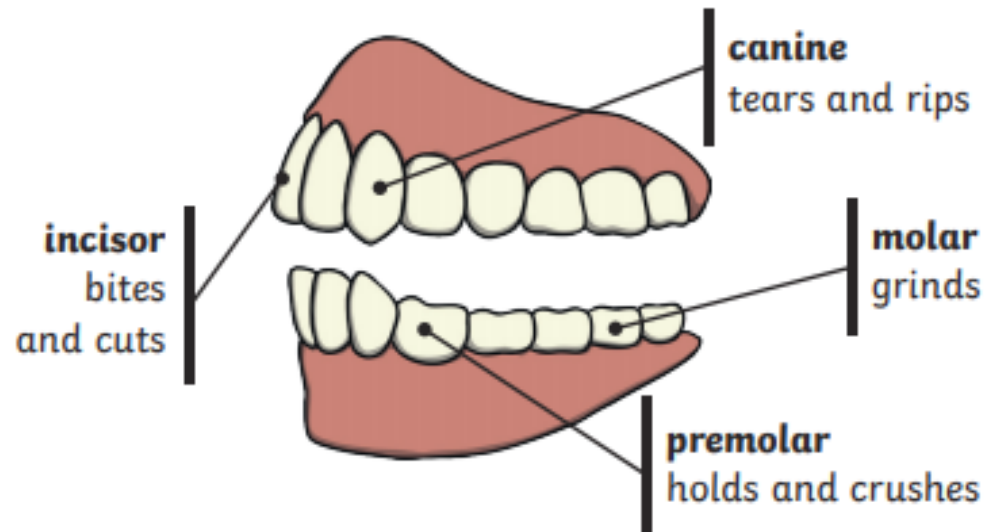
## Animals—Teeth and Diet

The teeth of an animal are designed to eat different foods depending on their diet. Examples of a **herbivore**, a **carnivore** and an **omnivore** skull:



## Human Teeth

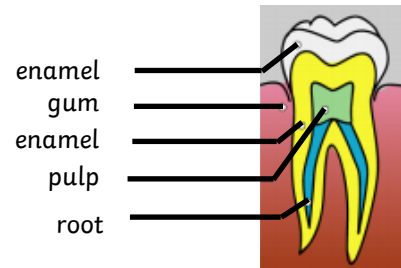
## Animals, including humans The Digestive System / Teeth



Some people have wisdom teeth but they have no function now.

## Inside Teeth

The enamel is the hard white outer layer of the tooth. This can get worn away easily. The root anchors the tooth into the gums.



## Dental Health

To help prevent tooth decay:

- limit sugary food and drink;
- brush teeth twice daily using a fluoride toothpaste;
- visit your dentist regularly.



## Extending your learning

- The National Geographic for Kids website has some great information about the human digestive system  
<https://www.natgeokids.com/uk/discover/science/general-science/your-digestive-system/>
- A regular visit to your dentist would give you an opportunity to ask them lots of questions about human teeth and how to look after them.
- Keep a tooth care diary—make a record of everything you eat and drink and try to decide if they are good or harmful for your teeth. Also record every time you brush your teeth and for how long.