## Know your nutrients Page 28

- 1. energy
- 2. pasta, brown rice
- 3. Protein; fish, nuts
- 4. cell membranes; energy
- 5. butter, oil
- 6. calcium, iron
- 7. vitamin C, vitamin D
- 8. digestive
- 9. excretory

## Stages of digestion Page 29

The diagram should include the following concepts. Each section should be a different colour.

- **1.** ingesting at top of the digestive tract
- 2. digesting at the stomach area
- 3. absorbing at the small intestine
- 4. eliminating from large intestine to rectum

## Looking inside digestion and excretion Page 30

1. E 2. G 3. B 4. A 5. F 6. I 7. D 8. H 9. C 10. K