

# Keywords: Autumn 1

## Science

### **Topic Title: The Digestive System**

**Introduction to the topic: This half term you will learn about the digestive system. Get ready to get stuck in!**

<b>Keyword</b>	<b>Definition</b>
<b>Digestive System</b>	<b>A group of organs that work together to break down food, to release energy for the body.</b>
<b>Food</b>	<b>Food is a store of chemical energy, which is transferred to the consumer when eaten.</b>
<b>Energy</b>	<b>Energy is measured in joules (J). Humans need energy from our food for everything, from movement to excretion.</b>
<b>Balanced Diet</b>	<b>A balanced diet contains the correct amount of all food groups.</b>
<b>Food groups</b>	<b>The food groups are: carbohydrates, lipids, proteins, vitamins, minerals, fibre and water.</b>
<b>Malnutrition</b>	<b>Malnutrition is a serious health problem. It happens when people do not eat the right amounts of nutrients.</b>
<b>Obesity</b>	<b>A medical term for being very overweight, due to the excessive build-up of fat.</b>
<b>Deficiency</b>	<b>A deficiency occurs when a person does not have enough of a vital nutrient – such as iron.</b>