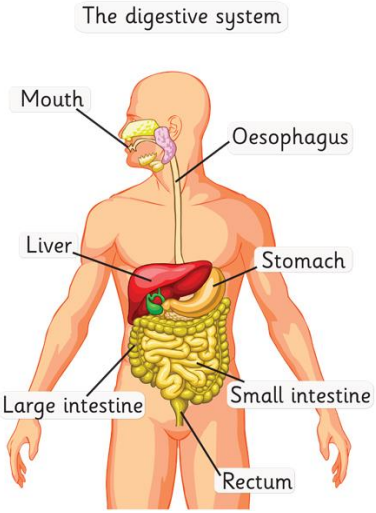
# LKS2 Animals Including Humans (2)

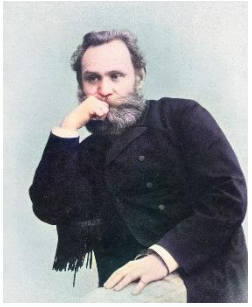
Animals, including humans cannot make their own food, they get **nutrition** from what they eat. To be healthy, animals, including humans need the right types and amount of **nutrition**. There are different food groups: Fruits and vegetables are good for **vitamins, minerals and fibre**.




The **digestive system** is made up from the parts of the body that work together to turn food and liquids into the building blocks and fuel that the body needs.

You eat your food and it goes through a group of different **organs** in your body. Each of them does something very important to it.

**Ivan Pavlov** carried out experiments into what dogs did when they were hungry. He rang a bell every time they ate. He soon worked out that the dogs' mouths would water just from ringing the bell, even if there was no food!



| Key Vocabulary | |
|---|---|
| mouth | Where your food enters your body. |
| tongue | The muscle inside your mouth that moves food around for chewing. |
| saliva | Liquid produced by your mouth when you eat. It wets the food and makes it easier to swallow. |
| acid | Kills harmful bacteria on some foods and helps break it down. |
| enzymes | These are substances that help break down our food and make it useful for our body. Saliva has enzymes in it |
| vitamin | Vitamins are nutrients that humans need in order to grow, reproduce, and be healthy. We get most of these from our food. |
| dairy | Foods that are made from animal milk. Usually, they are made from the milk of cows and goats. |
| carbohydrate | The main source of energy inside foods. |
| protein | The nutrient we get that helps our muscles grow and gives us energy. This is mostly found in meat but also in nuts and eggs. |
| fats | Nutrients from food that the body uses for fuel. If the body doesn't turn it into energy it gest stored in fat cells. |
| digest | When you swallow food and it goes through your digestive system |
| fibre | A type of carbohydrate found in things like brown bread and vegetables. The body doesn't break it down and it helps to make our poo solid. |