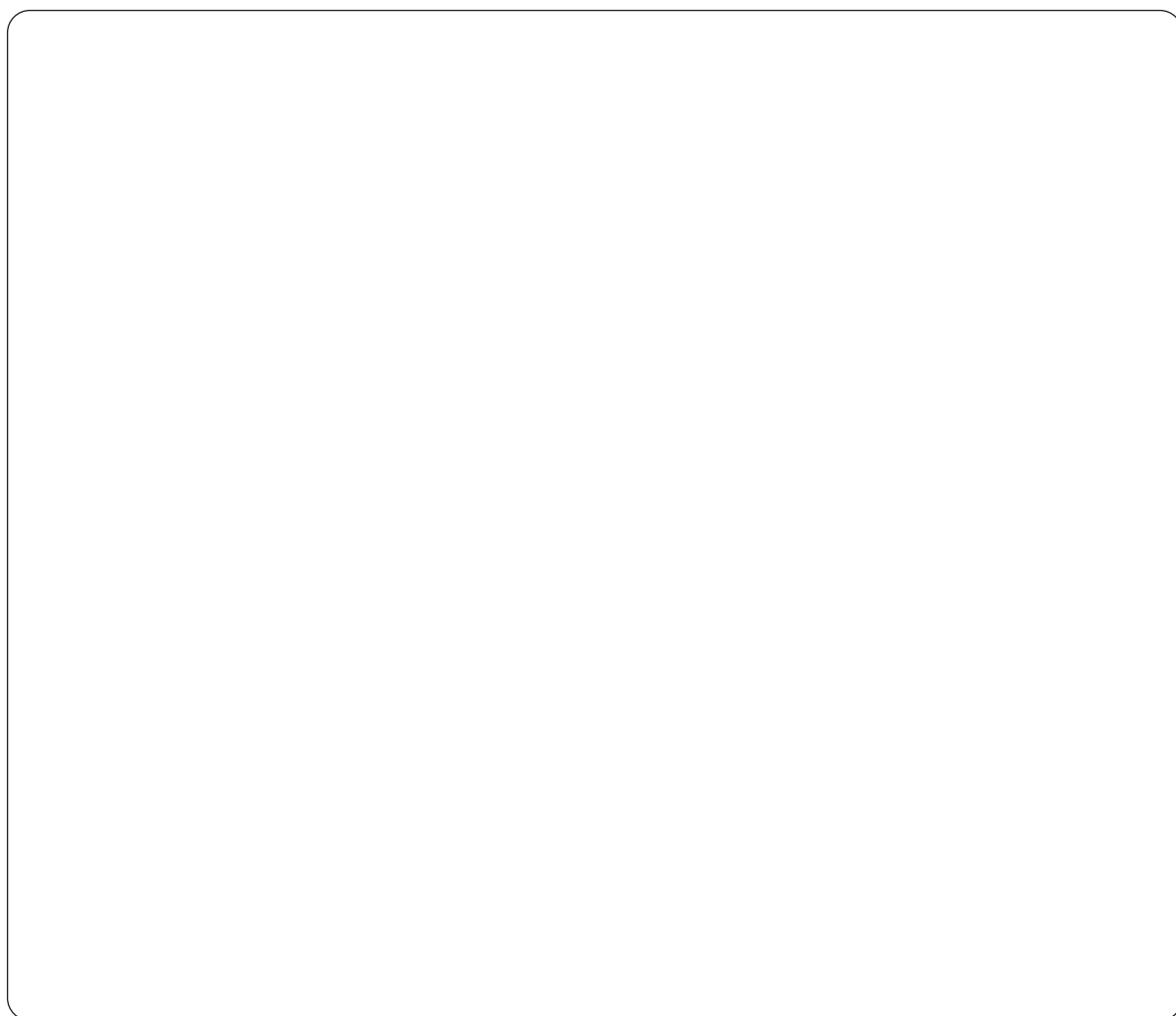


# Burps, Bottoms and Bile



**Name**

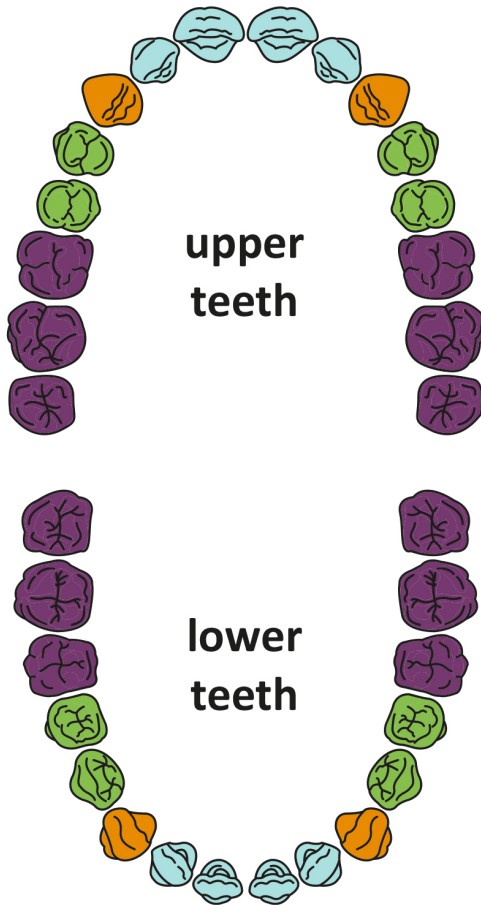
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These activities are for you to do at home with an adult. You can do all of them or choose the ones that you find most interesting.

## Activities

**1a.** Find a mirror and have a look at your teeth. Notice the different sizes and shapes as you look from the front to the back of your mouth. Complete the key for the diagram below, using your existing knowledge or research skills.



### Key



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

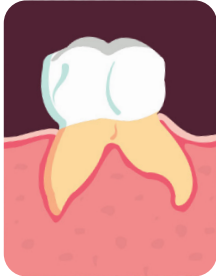


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### Useful words

- canine
- incisor
- molar
- premolar

**1b.** Use information books or the internet to complete the table about human teeth. Share your findings with a family member.

Type of tooth	incisor	canine	premolar	molar
Diagram				
What the tooth looks like			<p>Premolars have a large surface with ridges.</p>	
Where it is found			<p>They are next to the canines.</p>	
Function			<p>Premolars are for holding, chewing, crushing and grinding food.</p>	

- 2.** Use your knowledge of teeth to design and create an information poster, teaching other children how to look after their teeth and why it is important. Think about the important messages you want to give about oral hygiene. Can you create a catchy slogan? You might like to include an idiom after learning about them in class.
- 3.** Research healthy eating online or using information books. Write four reasons why it is important to eat healthily. Think about the impact that food has on digestion and the human body.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

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**4a.** Think about what you ate yesterday and decide whether the food was healthy or unhealthy. Complete this food diary.

	<b>What I ate or drank</b>	<b>Healthy or unhealthy?</b>	<b>Effect on the body</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Dinner</b>			
<b>Snacks</b>			
<b>Drinks</b>			

**4b.** Look at your food diary. Consider how you could change your diet to make it healthier. Write three healthy changes that you could make to your diet, based on what you ate yesterday. Afterwards, you could explore healthy recipes and snacks in a cookbook.

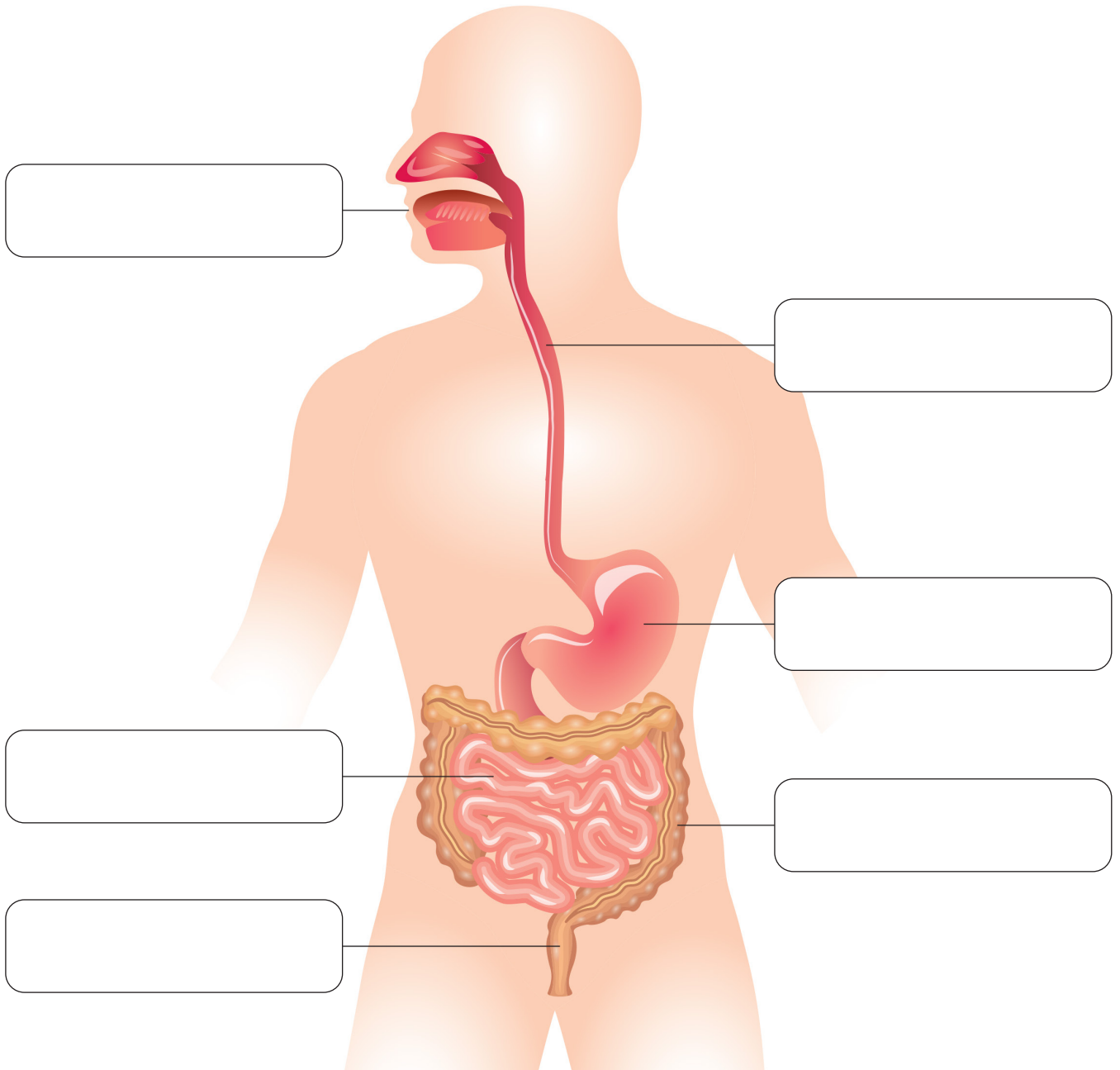
I could swap \_\_\_\_\_ for \_\_\_\_\_ .

I could swap \_\_\_\_\_ for \_\_\_\_\_ .

I could swap \_\_\_\_\_ for \_\_\_\_\_ .

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**5a.** Here is a diagram showing the main parts of the human digestive system. Use your existing knowledge, the internet or information books to help you to label each part.



**Useful words**

- large intestine
- small intestine
- mouth
- stomach
- oesophagus
- rectum

**5b.** Research and record the function of the following parts of the digestive system.

<b>Organ</b>	<b>Function</b>
<b>oesophagus</b>	
<b>stomach</b>	
<b>small intestine</b>	
<b>large intestine</b>	

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- 6.** Use your research skills and knowledge of the digestive system to answer these questions.

Why is digestion important?

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How does food move through the digestive system?

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What is the purpose of teeth?

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What happens to food when it is in the stomach?

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What is the purpose of the rectum?

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7. One way in which a person can stay healthy is to take care of their personal hygiene. Write a list of actions that people can do to keep themselves clean and preserve health. Find out why the aspects of personal hygiene that you have listed are important. Record your findings.

<b>Actions for keeping clean and healthy</b>
<ul style="list-style-type: none"><li>• Use deodorant</li><li>• Brush teeth</li></ul>

Why is personal hygiene important?

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8. Finish your home learning by writing a summary of the topic, explaining what you have learned about teeth, the digestive system, germs and personal hygiene.

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### Useful websites

DKfindout! – Types of Teeth – Facts About Teeth

DKfindout! – How Does the Digestive System Work

BBC Bitesize – Digestive System – KS2 Science

BBC Bitesize – Science KS2: Digestion – how does breakfast affect your day

DKfindout! – Germs For Kids – What Are Germs?

BBC Bitesize – The importance of handwashing in food hygiene – KS2

### Good reads

Title	Author	ISBN
Smile!: All About Teeth	Ben Hubbard	9781474762380
The Science of the Digestive System (Flowchart Science)	Louise Spilsbury and Richard Spilsbury	9781474765961
Your Digestive System: Understand it with Numbers	Melanie Waldron	9781406274707
Why shouldn't I eat junk food (Usborne)	Kate Knighton	ebook
See Inside Germs	Sarah Hull	9781474943680
It Can't Be True! Poo!: Packed with pong-tastic poo facts	DK	9780241381458