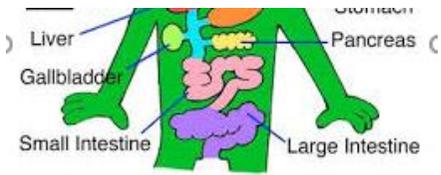


Burps, Bottoms & Bile



To know that the different parts of the digestive system work together to break down food.

To know how to keep the digestive system healthy.

To know what makes a healthy, balanced diet.

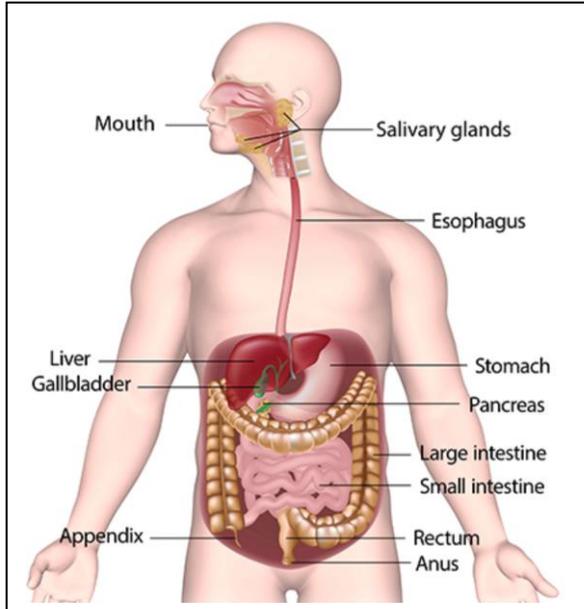
To know why we make poo and why we need to have good hand hygiene.

To know the names and jobs of different types of teeth.

To know how and why to keep teeth healthy and clean.

Key Vocabulary

Abdomen
Bile
Bowel
Canine
Colon
Decay
Dentine
Digestion
Dissolve
Enamel
Faeces
Incisor
Intestine
Oesophagus
Plaque
Premolar
Rectum
stomach

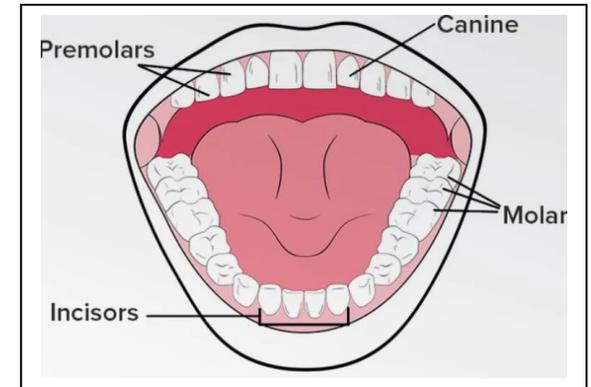


Healthy balanced diet

Eating a healthy, balanced diet helps you get rid of solid waste more easily. Fibre in our diet is crucial to healthy digestions.

Fibre is found in fruit and vegetables, whole-wheat breakfast cereal, granary bread, beans and lentils.

Foods that contain a lot of fat, such as chips, burgers and fried foods are harder to digest and can cause stomach ache.



Types of teeth

Incisors - sharp, flat edges for biting and cutting.

Canines - sharp, pointed edge for ripping and tearing.

Premolars - large, bumpy surfaces for crushing and grinding.

Molars - large bumpy surfaces for grinding.

Healthy Digestion

The digestive system is affected by food and lifestyle. It is important to have a healthy digestive system to maintain good general health. Ways to keep your digestive system healthy include:

1. Eating a balanced diet
2. Drinking plenty of water
3. Regular exercise
4. Good toilet habits

Hand Hygiene

It is important to have good hand hygiene, especially after using the toilet. Washing our hands with soap and water prevents the spread of germs.

Soap kills bacteria and viruses that can cause illness. Drying hands thoroughly is also important because bacteria spread more easily on wet hands.

Tooth health

It is important to keep teeth healthy. We can do this by:

1. Cleaning our teeth twice a day.
2. Using a toothpaste that contains fluoride.
3. Seeing the dentist every 6 months.
4. Not eating too much sugary foods and drinks.