



Catmose Primary School 3i Knowledge Organiser

Burps, Bottoms and Bile

Year 4

Term 5

Key vocabulary

| | |
|------------------|--|
| absorb | To take in or soak up a substance. |
| bacteria | Microorganisms that can be found everywhere. Some can be useful but others cause disease. |
| bolus | A small, chewed-up lump of food. |
| constipation | A condition where it becomes difficult to |
| decay | Damage caused by bacteria. |
| digestion | The process when food is broken down and |
| digestive system | The parts of the body that are responsible for |
| enzyme | A chemical in the body that speeds up changes. For example, enzymes in saliva start the breakdown of food. |
| faeces | The solid waste passed out of the body after |
| microorganism | A living thing that can only be seen with a |
| nutrient | A substance needed by the body to live and |
| saliva | The liquid made in the mouth that contains |
| tongue | A muscular organ in the mouth that is in- |

Human digestion

Humans need to absorb proteins, carbohydrates, fats, vitamins and minerals from their food to keep healthy and have enough energy to live and work. The job of the digestive system is to break down food so it can be absorbed and used by the body.

A healthy diet

Eating a healthy, balanced diet helps people get rid of solid waste more easily. Fibre or roughage in our diet is crucial to healthy digestion. Fibre is found in fruit and vegetables, whole-wheat breakfast cereals, granary bread and pulses, such as beans or lentils. Drinking plenty of water also helps break down food and softens faeces to prevent constipation. Food that contain a lot of fat, such as chips, burgers and fried foods are harder to digest and can cause stomach ache. Eating more lean meat and fish, drinking skimmed or semi-skimmed milk and grilling instead of frying foods can help to keep the digestive system working well.

Computing

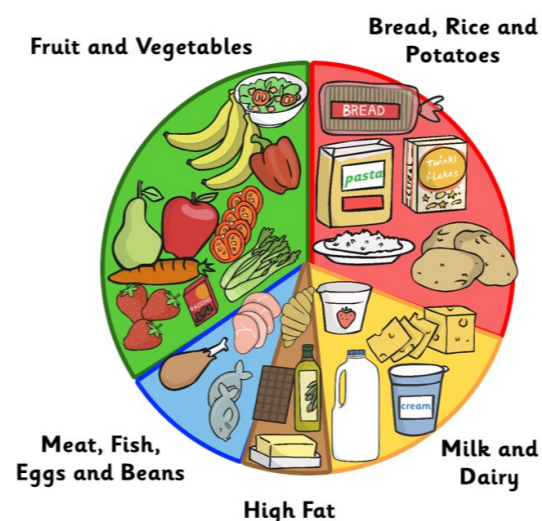
Digital Literacy and ICT- Software
Find and save images. Insert into documents and include relevant information.

RE- Islam

Eid al Adha
19th-23rd July 2021



The healthy eating plate



What do I want to learn about?

Art

Focus artist: **Giuseppe Arcimboldo**

Arcimboldo was an Italian painter best known for creating imaginative portrait head made entirely of objects like fruits, vegetables, flowers, fish and books. Here are some examples:

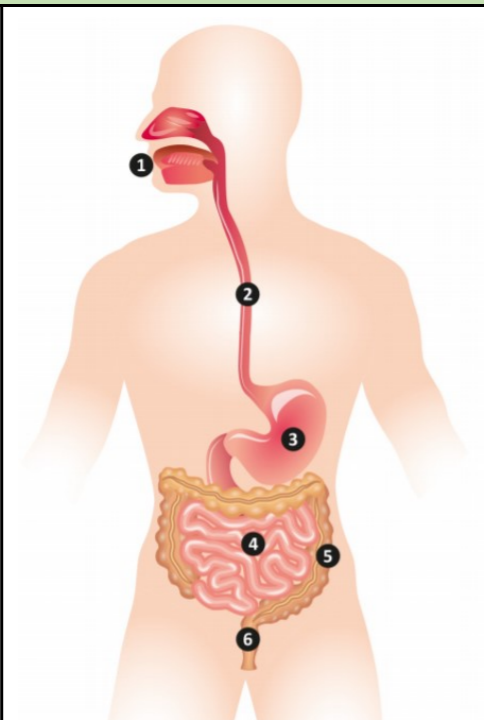


3D art:

Creating faces inspired by Arcimboldo's art using fruit and vegetables.
Sculpting with clay.

The digestive system

- Teeth chew food into small pieces in the **mouth**. These pieces mix with saliva containing enzymes to start digestion.
- The muscles in the **oesophagus** move a ball, or bolus, of food down to the stomach.
- The muscles in the **stomach** churn the food and acids and enzymes break it down. This can take 2-6 hours.
- Partially digested food travels through the **small intestine** and nutrients are absorbed into the body. This can take 3-5 hours.
- The **large intestine** removes excess water from the food that can't be digested to make solid faeces (poo). This can take 4-72 hours.
- The faeces are stored in the **rectum** ready to leave the body.



Music

Music appreciation:
Listening to songs played on the ukulele to understand the sound and mood the instrument creates.

Ukulele:

Weekly ukulele lessons focusing on:
Rhythm
Notation
How to hold and play the ukulele
Practising
Maintaining own part in an ensemble
Performing as part of an ensemble



DT- Healthy recipes

Following recipes to make healthy foods or drink:

- Smoothies
- Soup
- Sandwich.

Why is it important to have a healthy diet? How does that help our body work?

Was the recipe easy to follow? How could it have been made better?

