YEAR 4 KNOWLEDGE ORGANISER

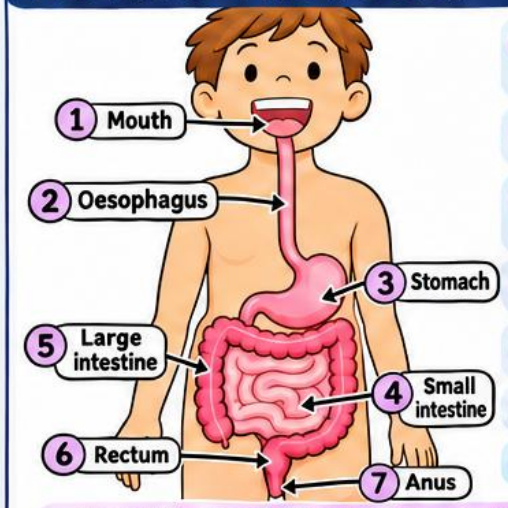
The Incredible Journey of a Bite

Big question: What happens to food after we take a bite?

LEARNING THIS TERM

Science:	French:	PSHE / No Outsiders:	Art:	DT:	RE:	Games:	PE:	Computing:	Music:
Teeth, tooth decay, hygiene and digestion	Classroom and school objects	Rights and Respect; Alfred and Albert	Painting – Light and Dark	Horne legering – digestive system T-shirt	For Christians is Communion a celebration or an act of remembrance?	Athletics – running, jumping and throwing	Pilates – core strength, agility and coordination	Data logging; Arduino Science Journal; privacy and security	Percussion; Gershwin – Rhapsody in Blue; ostinato

FOLLOW THE FOOD!



1. **Mouth:** teeth break food into pieces. Saliva moistens food and begins digestion.
2. **Oesophagus:** muscles push food down to the stomach.
3. **Stomach:** muscles churn food and and enzymes help break it down.
4. **Small intestine:** nutrients pass the the blood.
5. **Large intestine:** absorbs water from the remaining waste.
6. **Rectum:** stores faeces.
7. **Anus:** faeces leave the body.

Digestion breaks food down so nutrients can be absorbed.

MEET YOUR TEETH



Incisors: bite and cut – at the front.



Canines: tear food – beside the incisors.



Premolars: crush food – between canines and molars.



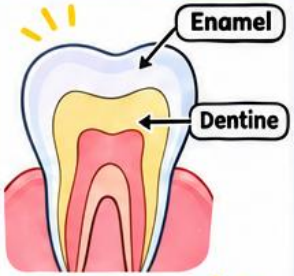
Molars: arind food – at the back.



Children have 20 milk teeth. These begin to be replaced around age 8. Adults can have up to 32 teeth, including wisdom teeth.

A HEALTHY SMILE

- Plaque is a sticky film of bacteria on teeth.
- Bacteria use sugar and produce acids that can damage enamel and cause decay.
- Brush twice a day with fluoride toothpaste.
- Spit out toothpaste after brushing.
- Limit sugary snacks and drinks.
- Visit the dentist regularly.





FUEL YOUR BODY



- Eat a balanced variety of foods.
- Carbohydrates provide energy.
- Protein supports growth and repair.
- Fats, vitamins and minerals help keep the body healthy.
- Fibre and water help keep the bowel working well.
- Wash hands before eating and after using the toilet.

KEY VOCABULARY

Digestion	Breaking down food so nutrients can be absorbed.
Nutrients	Useful substances in food that the body needs.
Saliva	Liquid in the mouth that helps digestion.
Oesophagus	Muscular tube from mouth to stomach.
Enamel	Hard outer covering of a tooth.
Plaque	Sticky film of bacteria an teeth.
Faeces	Solid waste left after digestion.

WE WILL BE ABLE TO...

- ✓ Name digestive organs and explain their jobs.
- ✓ Identify four types of teeth and their functions.
- ✓ Explain how to help prevent tooth decay.
- ✓ Build and explain a model digestive system.

LEARNING LINKS

- **Before:** Year 1 – When We Were Little: the five senses.
- **Next:** Year 6 – Animals including Humans: the circulatory system.