The Incredible Journey of a Bite

YEAR 4 • USEFUL WEBSITES

Click the blue titles to open each website. Explore with a teacher or parent.

FOLLOW THE FOOD!

National Geographic Kids: Digestion

Follow food through the digestive system. Explore the organs and discover what happens after you take a bite.

Try it: draw and label the route of food.



MEET YOUR TEETH

KidsHealth: Your teeth

Read about the different types of teeth and how they help us bite, tear and grind food. Explore with an adult.

Think: which teeth cut and which grind?



A HEALTHY SMILE

NHS: Children's teeth

Explore toothbrushing tips and find out how to care for teeth. Read together with a teacher or parent.

Create a poster with three tooth-care tips.



FUEL YOUR BODY

Food – a fact of life: Eat well

Explore the Eatwell Guide and activities about a varied, balanced diet. Ask an adult to select the 7–11 resources.

Try it: design a colourful, balanced meal.



INSIDE YOUR BODY

KidsHealth: Your digestive system

Read a child-friendly explanation of digestion, from the mouth to the intestines. Discuss unfamiliar words together.

Explain: what does the small intestine do?



CLEAN HANDS

NHS: How to wash your hands

Follow the handwashing steps with an adult. Discuss why clean hands matter before eating and after using the toilet.

Try it: teach someone the washing steps.



BIG QUESTION: What happens to food after we take a bite?

TOPIC CHALLENGE: Create a comic strip showing the journey of a bite through your body.