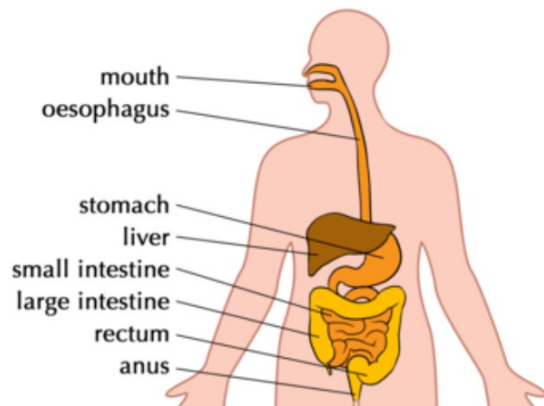


# Bottoms, Burps and Bile Knowledge Organiser

## Subject Specific Vocabulary

Absorb	To take in or soak up a substance
Bacteria	Micro-organisms that are 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 expel faeces from the body.
Decay	Damage caused by bacteria
Digestion	The process when food is broken down and absorbed into the body after being eaten.
Digestive system	The parts of the body that are responsible for digesting food.
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 digestion.
Micro-organism	A living thing that can only be seen with a microscope.
Nutrient	A substance needed by the body to live and grow.
Saliva	The liquid made in the mouth that contains enzymes and starts digestion.
Tongue	A muscular organ in the mouth that is involved in swallowing.



### The digestive system

Teeth chew food into small pieces in the mouth where they mix with **saliva**.

The muscles in the **oesophagus** move the food into the stomach.

The muscles in the **stomach** churn the food while acids and **enzymes** help break it down. (2-6 hours).

Partially digested food travels through the **small intestine** and **nutrients** are absorbed into the body (3-5 hours).

The **large intestine** removes excess water to make solid **faeces** (4-72 hours)

The faeces are stored in the **rectum** ready to leave the body through the **anus**.

## Sticky knowledge

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

2. Eating a healthy balanced diet that includes **fibre** is important for healthy digestion. Sources of fibre include fruit and vegetables, breakfast cereals, granary bread and pulses, such as beans or lentils.

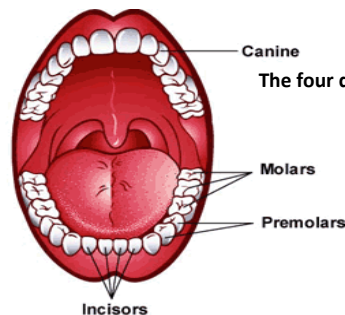
3. Humans have two sets of teeth over a lifetime. The first set of 20 teeth are called **deciduous** or **milk teeth**. They are gradually replaced by 32 adult teeth from about 6 years old.

4. There are 4 types of teeth:

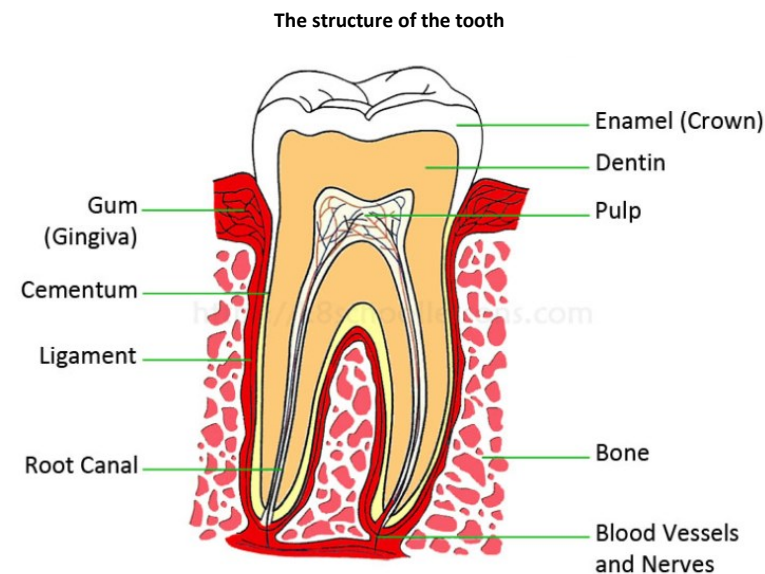
**Molars** have large bumpy surfaces for grinding. Premolars have large bumpy surfaces for crushing and grinding. **Canines** have sharp pointed edges for ripping and tearing. **Incisors** have sharp flat edges for biting and cutting.

5. Millions of **bacteria** live in the mouth. If sugary foods are left on teeth after eating, the sugar and bacteria form a sticky film on the teeth called **plaque**. The bacteria turns the sugar into acid which **dissolve** the **enamel**, leading to tooth **decay**.

6. Brushing teeth twice a day with toothpaste containing fluoride helps prevent tooth decay. Visiting the dentist every 6 months will make sure any problems are sorted out as soon as possible



The four different types of teeth



The structure of the tooth