

YOUR FUEL

Level 3-4

We need to eat a lot of food for energy because food is fuel for our body. But we make sure it's the right food and the right amount.

Once you have chewed your food all up and swallowed it, it travels down to your stomach. It then goes on a long ride through to your intestines. While on this journey, your food is turned from a solid to a mush, and all the goodies are soaked into your body for energy.

Your body needs three kinds of foods: fats, carbohydrates and proteins. There are smaller materials, like vitamins, minerals and fibre, that your body will need to keep healthy.



TRY THIS

Use tiny bits of lemon, sugar, vinegar and salt on your tongue to find out where your taste buds are on your tongue. Taste buds tell your brain if something is sweet, sour, salty or bitter.

FACTS

1. Food takes two days to travel through your body.
2. The average person will eat their way through 50 tons of food in a lifetime.
3. The liver is one of the organs that soak goodies from the food.
4. A little sip of milk will take about six seconds to reach your stomach.
5. Food can travel over 10 metres along your digestive system.
6. 1.7 litres of saliva is produced each day.
7. An adult's stomach can hold approximately 1.5 litres of material.
8. Every day 11.5 litres of digested food, liquids and digestive juices flow through the digestive system, but only 100mls is lost.
9. The back of your tongue tastes bitter things, the sides taste sour things, the tip of your tongue tastes sweet and salty things.
10. As you grow older taste buds begin to disappear, so you are able to eat things that you thought were yucky when you were younger.

For a week keep a diary of what you eat – including snacks.

What would you like to find out about what you eat?

What did you find out?



HEALTH TIP

EAT A LOT OF DIFFERENT FOODS, AS YOUR BODY NEEDS THESE TO GROW. TRY TO LIMIT THE AMOUNT OF LOLLIES AND FATTY FOODS (JUNK FOOD) THAT AREN'T SO GOOD FOR YOUR BODY.