

A Look Inside the Body

Chapter 11: A Look Inside the Body · Topic 1

Key Concept

The digestive system, including the stomach and intestines, breaks down food into nutrients our body can use for energy and growth.

The respiratory system, including the lungs, helps us breathe in oxygen and breathe out carbon dioxide.

The circulatory system, with the heart as its centre, pumps blood carrying oxygen and nutrients throughout our body.

Understanding these body systems helps us appreciate how our body works and why taking care of it is important.

Quick Revision Notes

- Digestive system: stomach, intestines.
- It breaks down food into nutrients.
- Respiratory system: lungs.
- It helps breathe oxygen in, CO₂ out.
- Circulatory system: heart pumps blood.
- Blood carries oxygen, nutrients.
- These systems work together.
- Understanding them helps us care for our body.

Practice Questions

- 1 Diagram the digestive system's main parts.
- 2 Diagram the respiratory system's main parts.
- 3 Discuss how the heart helps the body.
- 4 Discuss why breathing is important.
- 5 Explain how food becomes energy in simple terms.
- 6 Discuss why all body systems need to work together.