SCIENCE UPDATE

Year 6 – Healthy Bodies (March 2023)

LO: To investigate some different food groups and find out why a variety of foods is important for a healthy diet

LO: How nutrients and water are transported in the human body

This term year 6 are investigating how nutrients travel through the body, and why we need to eat different food groups. We started by watching a video describing all the different food groups. We discussed what foods were in each group and what uses the nutrients they give us in our body. We then investigated carbohydrates, breaking them down using our spit, as we do in the body. Iodine turns starchy foods blue/black, so we aimed to have it stay red/brown when we added it to our food. We found out that sweetcorn and carrots have starch in, as well as potatoes, bread and biscuits.

Next, we investigated which foods contained fats. We placed each piece of food onto a brown paper bag. Foods with fat in them left stains on the brown paper bag when we removed them. We discovered that tortilla chips, cheese and biscuits all had fats in them

Finally, we explored how food and nutrients travel through the body. We started by churning the food up in the 'mouth' before passing it through to the 'stomach', where it was churned up with some 'stomach acid'. The food then went through our 'intestines', where many of the nutrients were taken out, and the undigested food was compacted before leaving our body! We then discussed where the nutrients go, (around our blood stream) and where the waste from the nutrients goes. This showed us the importance of having water in our balanced diet!

Comments from our Year 6's after the session;

"Did you know that your saliva has enzymes that break down carbohydrates?" L

"I like Miss Mercedes as she's good at talking about digestion." P

"I found it amazing how smart our body is." S

"I learnt that some fats are good for you and some fats are not. Also, you should really poop once or twice a day!" N

Kind regards, Miss Kelly & Mrs Wordsworth – Science Co-ordinators