Biology A · Unit 4 · Level 1

Food & Digestion



TODAY'S PLAN

- 🍞 3 kinds of food
- 🧱 Building blocks
- 👄 Mouth to stomach
- 🌀 Into the body

Review · 5 minutes

Quick Review



⚡ Living things need **energy**.

🍎 Energy comes from **food**.

👉 Point: which one gives energy?
🍎 or 🪨

Words to Know

Words to Know



Digestion
breaking food into tiny bits



Carbohydrate
bread, pasta, sugar



Glucose
the sugar cells use



Lipid
fat and oil

Learn

3 Kinds of Food



Carbs

bread, rice, sugar



Fats

butter, oil



Protein

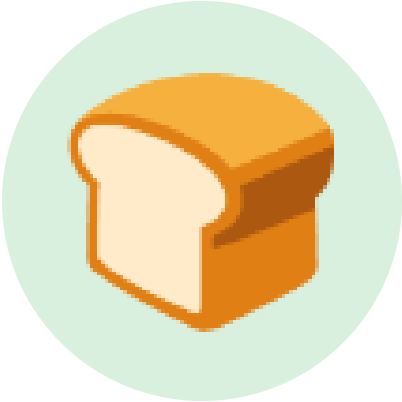
meat, eggs, beans



Fiber

plants (passes through)

Check 1 of 3



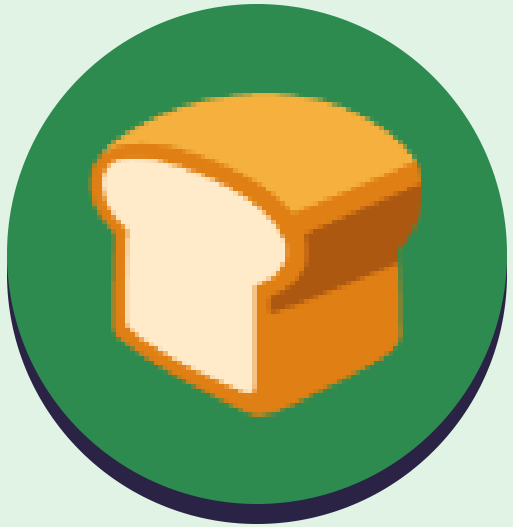
Bread is a...

Point to the picture!

Protein

Carb

✅ Answer · Card 1 of 3

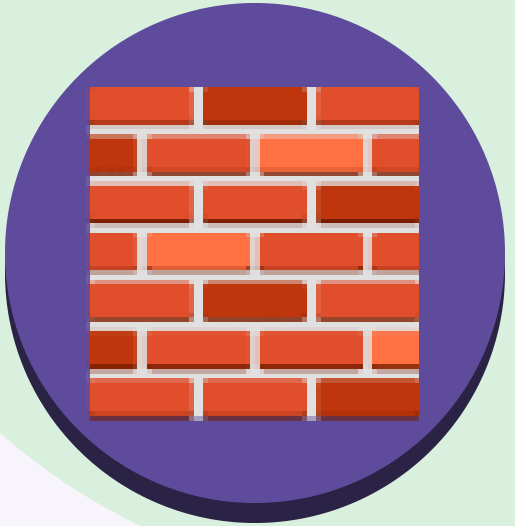


Carb

Bread is a carb (starch).

Learn

Big Food, Small Pieces



🧱 Big food is made of **small pieces**.

🍞 Carbs → 🍬 **sugar**

🍗 Protein → small pieces for **muscles**

Learn

Sugar = Energy



🍬 Our body breaks carbs into **sugar**.

⚡ Cells use sugar for **energy**.

Check 2 of 3



Meat and eggs are...

Point to the picture!

Protein

Fat

✅ Answer · Card 2 of 3



Protein

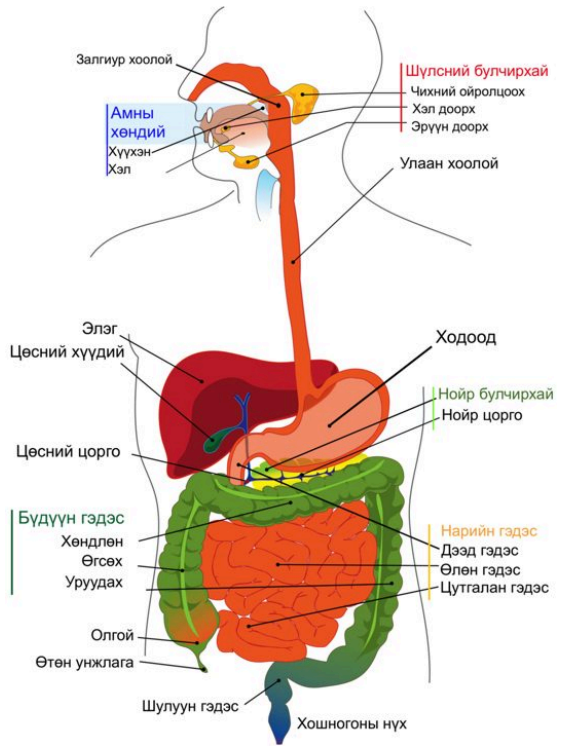
Meat and eggs have lots of protein.

Learn

Food Goes on a Trip

👄 Mouth → 💪 stomach → 🌀 intestines

🚽 Leftovers leave the body.



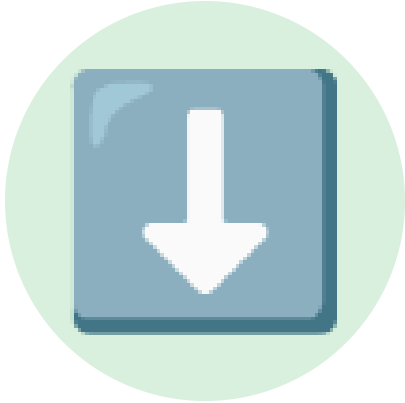
Steps

Step by Step



1. 👄 Teeth **chew**. Spit makes it wet.
2. ⬇️ Food goes **down** a tube.
3. 💪 The **stomach** mixes it.
4. 🌀 The **small intestine** sends food into the blood.

🃏 Check 3 of 3



Where does food go after the mouth?

Point to the picture!

💪 Stomach

🧠 Brain

✅ Answer · Card 3 of 3



Stomach

Mouth, then down to the stomach.

Learn

Muscles Build



💪 **Protein** helps build and fix the body.

🧈 **Fat** saves energy for later.

Wrap-Up

Recap



Carbs
turn into sugar



Fats
save energy



Protein
builds the body



Food trip
mouth → stomach → intestine

Wrap-Up

Great Job!



- 🍞 I can name a carb.
- 🍗 I can name a protein.
- 👄 Food goes mouth → stomach.