📖 Food & Digestion: Vocabulary Picture Cards (Level 2)

Name: _____

Cut on the dashed lines. Use the cards to match, sort, or quiz a partner.



Digestion

How the body breaks food into small molecules it can use.



Carbohydrate

Sugars and starches. Made of glucose. The body's main energy food.



Glucose

The simple sugar in our blood. Cells use it for energy.



Lipid

Fats and oils. Made of glycerol + fatty acids. Store a lot of energy.



Protein

Made of amino acids. Builds and repairs the body.



Building block

The small molecules that big food molecules are made of.



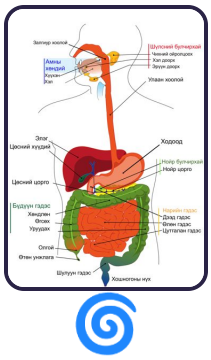
Mouth

Teeth chew food. Saliva (spit) wets it and starts breaking starch.



Stomach

A muscle bag that churns food with acid and enzymes.



Small intestine

Long tube where digestion finishes and nutrients go into the blood.



Fiber

Cellulose from plants. It passes through us without being digested.