

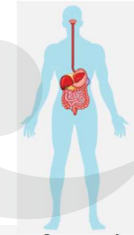
Module 2: Body Systems

Lesson 3: Obtaining Food Removing Waste

Humans and animals get the energy they need from eating food. We use calories to measure how much energy is in food. When we eat food, our digestive system breaks down the food to provide energy for our bodies to use. Nutrients are the parts of food used by our bodies to grow and survive.

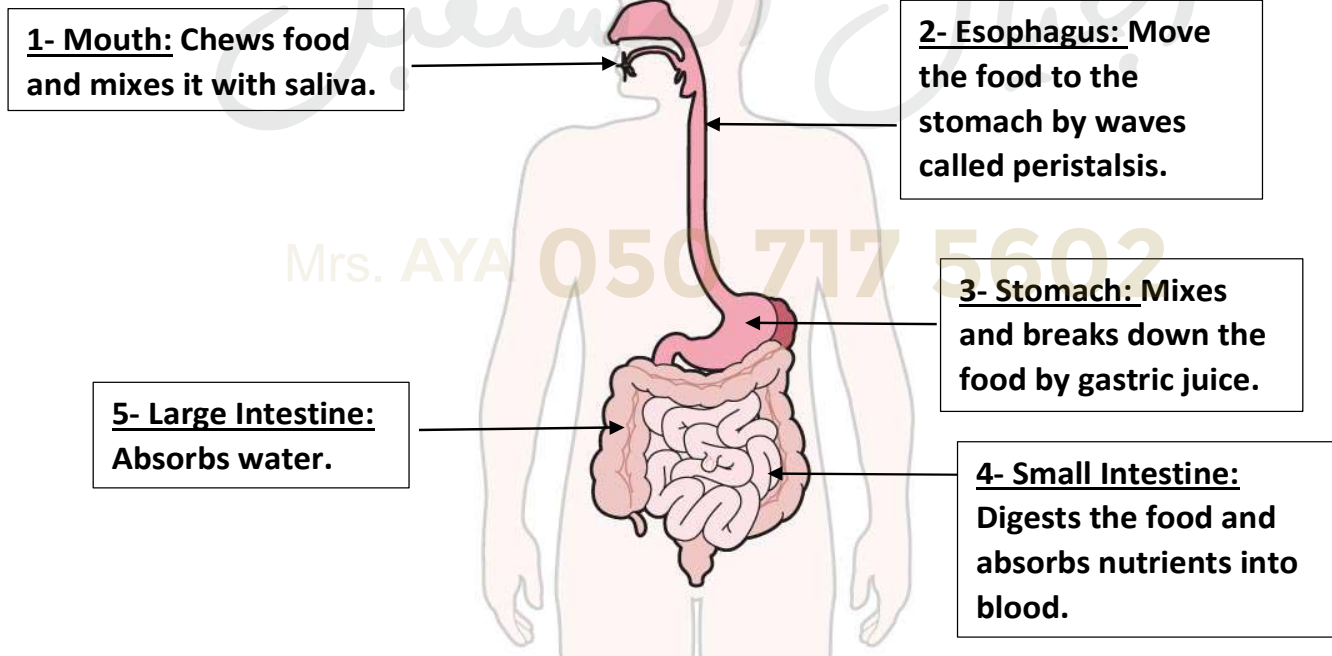


Digestion is the process by which food is broken down into smaller pieces and molecules. There are two types of digestion:



- 1- **Mechanical digestion** is the process of physically breaking down food into smaller pieces.
- 2- **Chemical digestion** uses chemical reactions that break food down into small molecules.

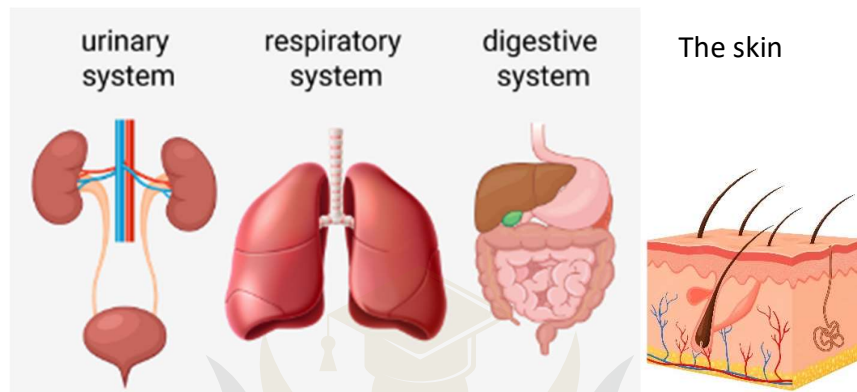
Parts of digestive system and its function



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Excretory System

The excretory system removes waste made by our bodies and controls the amount of water in our bodies. The excretory system is made up of different systems in our bodies. Each system is responsible for removing different types of waste.



Plants make their own food in organs called leaves through photosynthesis.

Plants use light energy, water, and carbon dioxide to make oxygen and glucose. Glucose helps make energy and oxygen is a waste. Phloem carries glucose from the leaves to cells to make energy. Xylem carries water from the roots to the rest of the plant. Plants take in carbon dioxide and remove water vapor and oxygen as waste through tiny openings in the leaves.

