

What all living things do:

There are 7 life processes: MRS NERG

**M** - **move**, animals move their bodies, plants turn their leaves

**R** - **reproduce**, animals have babies, new plants grow from seeds

**S** - **sensitive**, respond to change in their environment

**N** - **nutrition**, use food to provide energy

**E** - **excrete**, get rid of waste products

**R** - **respire**, breathe

**G** - **grow**



### States of matter

- Nearly everything exists as solids, liquids or gases. Solids, liquids and gases are called the three states of matter.
- Materials can be changed from one state to another by heating or cooling.

# Chocolate

### Irreversible changes

A change is called irreversible if it cannot be changed back again.

In an irreversible change, new materials are always formed. Sometimes these new materials are useful to us.

Examples include heating, mixing and burning.

Cooking an **egg** is an **irreversible change**. The cooked **egg** cannot be turned back into a raw **egg**.



### Staying healthy

- To stay healthy, we should eat a varied and balanced diet, drink plenty of water and take enough rest and exercise.
- Water is extremely important for our bodies. It helps to keep our bodies at the right temperature, to flush out impurities and to carry nutrients around.
- A balanced diet means eating food from the four main food groups: carbohydrates, proteins, fats and vitamins and minerals.

### Carbohydrates

- Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.

### Proteins

- Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.

### Fats

- Fats give our bodies energy that can be stored and provide a fat layer under our skin to keep us warm. They are found in foods such as butter, cheese and fried foods.

### Vitamins and minerals

Vitamins and minerals help with all sorts of jobs around our bodies such as healing wounds, building strong bones and teeth, making blood, and keeping our brain working! Vitamins and minerals are found in foods such as fruits, vegetables, fish and milk.

Valeurs Nutritionnelles/Nutrition Facts		
Valeurs Moyennes/ Typical Values	Par/Per biscuit	Par/Per 100g
Valeur Énergétique/ Energy Values	479kJ	2130 kJ
Valeur Énergétique/ Energy Values	115 kcal	510 kcal
Protéines/ Protein	1,4g	6,2g
Glucides/ Carbohydrate	12,6g	56,2g
dont : sucres/ of which sugars	7,1g	31,6g
Lipides/ Fat	6,3g	28,1g
dont : saturés/ of which saturates	3,4g	15,0g
Fibres/ Fibre	0,9g	4,2g
Sodium	Traces	0,43g
Équivalent en sel/ Equivalent of salt	0,2g	1,0g

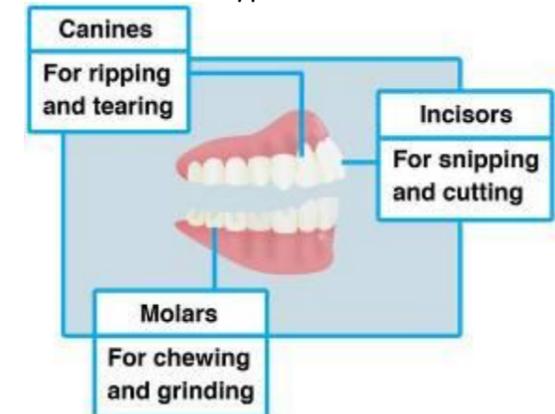
Nutritional value in chocolate

### Vocabulary

*cocoa, chocolate, calorie, fats, energy, carbohydrates, proteins, repair, vitamins, minerals, canines, incisors, molars, bacteria, acid, decay, thermometer, scale, heating, cooling, change, temperature, prediction, reasoning, degree Celsius, irreversible, mixing, burning, heating, rusting, carbon dioxide, bubbles, goggles, safety.*

### Types of teeth

Humans have three main types of teeth:



### How our teeth develop

Humans have two sets of teeth in their life:

- Milk teeth (about 20 teeth)
- Permanent teeth (about 32 teeth)

### Looking after teeth

- Sugar left in the mouth is eaten by bacteria. The bacteria make acid that rots teeth and causes tooth decay.
- Taking care of our teeth prevents tooth decay. You can take care of your teeth by:
  - brushing twice a day
  - eating the right foods (not too many sugary ones)
  - visiting the dentist regularly