



# The right formula

Taking driving into the classroom

## Fitness and Nutrition – Theme 8: Fuel for the body

## Activity 8b

### Quiz: Body-works

Our primary source of energy is the food we eat. Our body, through a series of complex procedures, breaks down the foods we consume into nutrients which pass into the bloodstream and provide us with energy. This complex procedure starts at the digestive system.

Understanding the process by which our body gains and spends energy, helps us to eat better, control our weight and maximise our energy levels. See how well you understand how your body works by taking part in this Quiz. The **Factsheet 8b: The digestive system** can help you answer the questions.

### Class organisation

Individual work

### Resources

Worksheet 8b:  
Quiz: Body-works

Factsheet 8b:  
The digestive  
system