





WHAT SHOULD YOU KNOW?

NUTRITION

<p>Digestion</p>	<p>Digestion takes place in the digestive system. There are four stages:</p> <ul style="list-style-type: none"> • Ingestion is the intake of food into the body. • Digestion is the transformation of food into nutrients. • Absorption is the passage of nutrients into the blood. • Egestion is the elimination of undigested and waste products. 	
<p>Respiration</p>	<p>Respiration takes place in the respiratory system. There are four types.</p> <ul style="list-style-type: none"> • Cutaneous: Gas exchange occurs through the skin. • Branchial: Gas exchange occurs through the gills. • Tracheal: Gas exchange occurs through the tracheae. • Pulmonary: Gas exchange occurs in the lungs. 	
<p>Circulation</p>	<p>Circulation is carried out by the circulatory system. There are two types of circulatory systems:</p> <ul style="list-style-type: none"> • Open: The circulating fluid flows through the body cavity, and bathes the internal organs directly. • Closed: The blood always circulates inside blood vessels. In a simple circulatory system, the blood only passes through the heart once. In a double circulatory system, the blood passes through the heart twice. 	
<p>Excretion</p>	<p>Excretion involves the collection and expulsion of waste products produced by cellular activity. Excretion is carried out by the Malpighian tubules in insects, and the excretory system in vertebrates.</p>	
<p>Plant nutrition</p>	<ul style="list-style-type: none"> • Absorption is the movement of water and mineral salts (raw sap) from the ground to the interior of the roots. • Transport of raw sap goes from the roots to the green parts of the plant through xylem vessels. • Exchange of gases occurs in the leaves by means of the stomata. • Photosynthesis takes place in the chloroplasts of the green parts of the plant. • Transport of elaborated sap goes from the green parts of the plants through the phloem vessels. 	