

8

# Learning Activity Sheet for Science

Quarter 1

Lesson

1

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**Learning Activity Sheet for Science 8**  
**Quarter 1: Lesson 1 of 5 (Week 1)**  
**SY 2025-2026**

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## LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

- I. **Activity No.:** Activity #1: My Favorite Food
- II. **Objective(s):** Analyze the importance of food to one's body.
- III. **Materials Needed:** Writing materials
- IV. **Instructions:** Think of your favorite food. Describe why you like it. Identify the ingredients and describe how it can help to keep your body healthy. Write a creative title for your write up.

\_\_\_\_\_

Title

## **V. Synthesis**

Guide Questions:

1. Why do you like the food that you have chosen?

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2. Is your favorite healthy? Why?

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3. How does your body make use of the nutrients from your favorite food?  
What system helps it absorb the nutrients?

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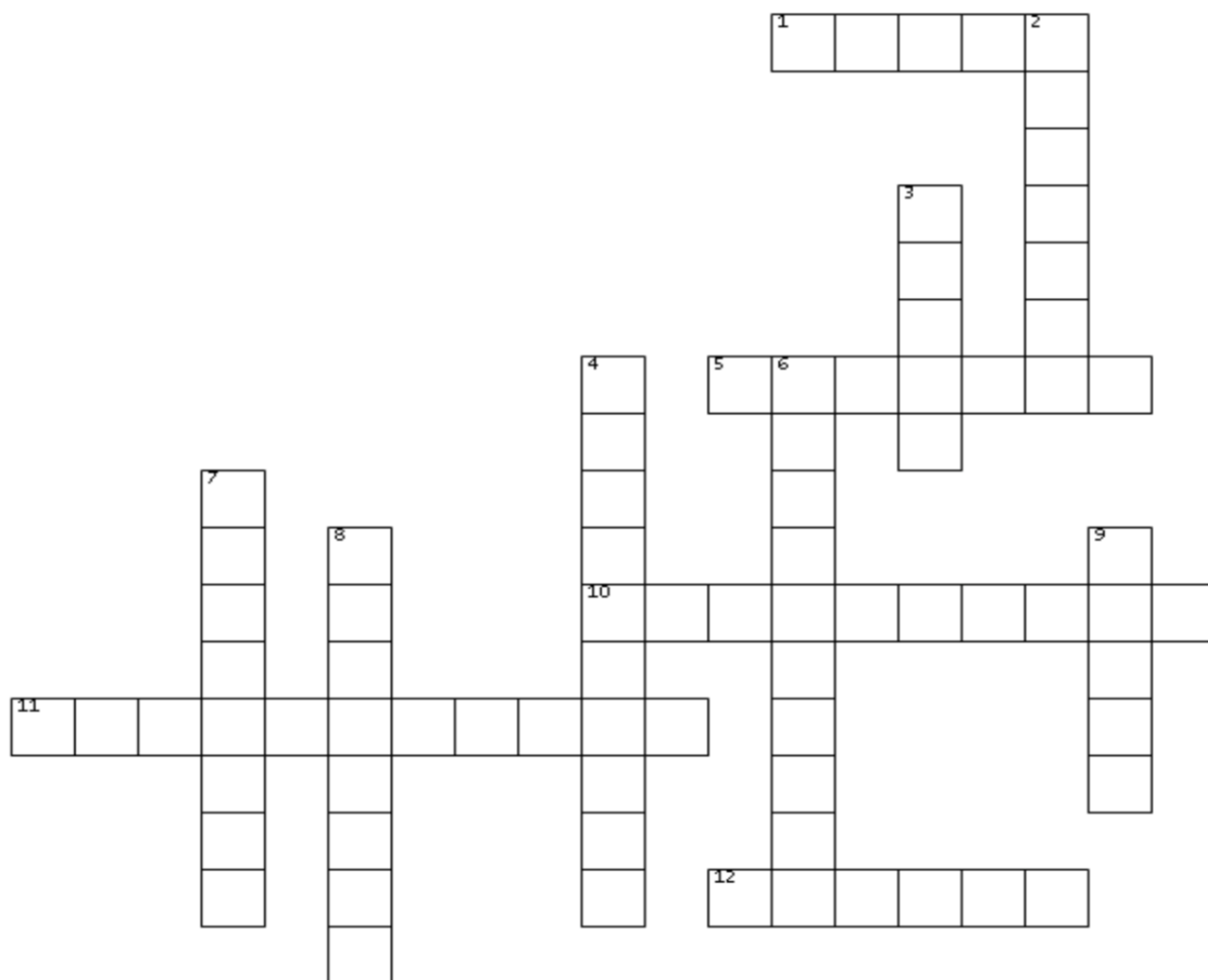
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<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

- I. Activity No.:** Activity #2: Crossword Puzzle on Digestive System
- II. Objective(s):** Unlock the meaning of words related to the digestive system
- III. Materials Needed:** Writing materials
- IV. Instructions:** Read and analyze the clues given to complete the word puzzle below.



### **CLUES FOR WORDS**

#### **ACROSS**

- 1.** The semi-fluid mass of partially digested food and gastric juices that is formed in the stomach and passed into the small intestine
- 5.** An enzyme produced in the saliva and pancreas that breaks down carbohydrates into simpler sugars)
- 10.** The process by which digested nutrients are taken up by the cells lining the digestive tract and transported into the bloodstream
- 11.** The involuntary muscle contractions that propel food and liquid through the digestive tract
- 12.** An enzyme that breaks down fats into fatty acids and glycerol

#### **DOWN**

- 2.** Biological molecules that speed up chemical reactions, such as the breakdown of food into smaller molecules for absorption
- 3.** Small finger-like projections in the lining of the small intestine that increase its surface area for absorption
- 4.** The physical breakdown or digestion of food into smaller pieces by chewing, grinding, and churning
- 6.** Tiny hair-like structures on the surface of villi that further increase the surface area available for nutrient absorption
- 7.** The digestion process of breaking down food into simpler chemical compounds through enzymatic reactions
- 8.** An enzyme that breaks down proteins into amino acids)
- 9.** A rounded mass of food that has been chewed and mixed with saliva in the mouth, ready to be swallowed.

## LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 1	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

- I. Activity No.:** Activity #3: Parts and Functions of the Digestive System
- II. Objective(s):** Describe the different parts and function digestive system
- III. Materials Needed:** Videos, Writing materials
- IV. Instructions:** Watch the videos assigned by your teacher and complete the table below.

Part	Function	Movement (if any)	Type of Digestion
<i>Alimentary</i>			
Mouth			
Pharynx			
Esophagus			
Stomach			
Large Intestine			
<i>Digestive Glands</i>			
Pancreas			
Liver			
Salivary Glands			
Small Intestine			
<i>Accessory</i>			
Gall bladder			

## LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 2	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

- I. Activity No.:** Activity #4: Model of food pathway in the Digestive System
- II. Objective(s):** Describe the different parts and functions digestive system
- III. Materials Needed:** Plastic bags, various fruits (e.g., apple, banana, orange), cardboard or poster board, coloring materials (markers, crayons, colored pencils), water, basin or container, tape
- IV. Instructions:**
  1. Begin by drawing the model of a digestive system on the cardboard or poster board. You can create a simple representation of the mouth, esophagus, stomach, small intestine, large intestine, liver, gallbladder, and pancreas.
  2. Using the plastic bags, create a model of the gastrointestinal tract. You may need to cut the plastic bags and form a tube if needed. Connect the bags together using tape to symbolize the alimentary canal. Ensure the bags are connected in the correct order to represent the pathway of food through the digestive system.
  3. Prepare the fruits by peeling them and cutting them into small, bite-sized pieces. These fruits will represent the food passing through the digestive system.
  4. Place the fruits into the "mouth" of the plastic bag model, then move them through each section of the gastrointestinal tract model. You can use your hands to push the fruits through the bags, mimicking the process of digestion.
  5. As the fruits move through the model, discuss the role of each organ in digestion and nutrient absorption. Use coloring materials to label each organ and highlight its function.
  6. Place a basin or container at the end of the model to catch the "food waste" as it exits the large intestine. This represents the elimination of waste from the body.
  7. Finally, pour vinegar or some weak acids or papaya extract into the model to simulate the digestive fluids present in the gastrointestinal tract. This can help demonstrate how food is broken down and absorbed by the body.



## **V. Synthesis**

*Guide Questions:*

1. How does the food travel in the digestive system?
2. What role does each organ play in the digestion and absorption of nutrients?
3. How does the digestive system eliminate waste from the body?

## LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 3	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

- I. Activity No.:** Activity #5: Taking Care of the Parts of the Digestive System
- II. Objective(s):** Describe the different parts and function digestive system
- III. Materials Needed:** Writing materials, textbook or similar references (may use devices with internet connection)
- IV. Instructions:**
1. Recall the role of each component within the digestive system.
  2. Investigate the diseases associated with these components and explore strategies for their prevention or management.
  3. Fill in the provided table using the information gathered from your research.

Part	Disease Associated	Prevention Measures
<i>Alimentary</i>		
Mouth		
Esophagus		
Stomach		
Pharynx		
Large Intestine		
<i>Digestive Glands</i>		
Pancreas		
Liver		
Salivary Glands		
<i>Accessory</i>		
Gall bladder		

## LEARNING ACTIVITY SHEET

<b>Learning Area:</b>	Science 8	<b>Quarter:</b>	1 <sup>st</sup> Quarter
<b>Lesson No.:</b>	Lesson 1 Subtopic 3	<b>Date:</b>	
<b>Lesson Title/ Topic:</b>	Body Systems Working Together: Focus on Digestive System		
<b>Name:</b>		<b>Grade &amp; Section:</b>	

**I. Activity No.:** Activity #6: Body Systems Working Together

**II. Objective(s):** Describe how the digestive system works with other body systems

**III. Materials Needed:** Writing Materials, textbook or similar references (may use devices with internet connection)

**IV. Instructions:** Discuss with your groupmates how does your assigned body system work with the digestive system and complete the diagram below.

Criteria		Digestive system
	<i>Write the Body System Assigned to your group here</i>	
Main Function		
Main Organ or Part		
How do the two body systems work together?		