

Digestion and Nutrition

Lesson 7 - Review Point 1

Biology - Key Stage 3

Mrs Walsh



Key vocabulary

- Food group
- Carbohydrates
- Proteins
- Fats (lipids)
- Vitamin
- Dietary fibre
- Kilojoule
- Balanced diet
- Deficiency
- Iodine
- Benedict's solution
- Biuret solution
- Ethanol
- Respiration



Components of a healthy diet



Components of a healthy diet

C_____

W_____

F_____

P_____

V_____

M_____

F_____



Components of a healthy diet

Component

Carbohydrates
Proteins
Fats
Fibre
Vitamins
Minerals
Water

Why is it needed?

Needed in small amounts to keep us healthy
Main component of cells and blood
Needed to keep food moving through the intestine
Needed in small amounts to keep us healthy
Growth and repair of cells
Main source of energy
Energy and insulation

Credit: Mrs Walsh



Getting enough vitamins and minerals

What is meant by a deficiency disease?

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Why did sailors often develop scurvy?

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Suggest why children need more calcium than adults.

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Energy requirements

Explain why the daily calorie requirements of a healthy adult female might be different to those of a pregnant female.

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How long (in minutes) would it take to burn off 3 iced doughnuts (240 kcal each) if I was:

- a) Sitting down (90 kcal/hr)
- b) Walking (180 kcal/hr)
- c) Running (850 kcal/hr)



Energy release

Complete the word equation for respiration. Identify the reactants and the products of the reaction.



Where does respiration take place?

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Why does the body carry out respiration?

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Testing for starch

Whose method gives the correct conclusion? Explain your answer.

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What error was made in the other method that lead to the incorrect conclusion?

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Testing for sugars

Whose method gives the correct conclusion? Explain your answer.

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What error was made in the other method that lead to the incorrect conclusion?

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Accurate scientific language

People that need to lose weight need a balanced diet	
The nutrient groups are carbohydrates, fats, protein, dairy, vitamins, minerals and water	
A heart attack is when there is a blockage in the arteries and the heart has to work too hard and gives up	

Credit: Mrs Walsh



Accurate scientific language

Respiration is the reaction where energy is produced	
Respiration is the same as burning sugar	

Credit: Mrs Walsh

