# 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\_\_\_\_\_



### Components of a healthy diet

#### Component

Carbohydrates

**Proteins** 

**Fats** 

**Fibre** 

**Vitamins** 

Minerals

Water

Credit: Mrs Walsh

#### 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



# Getting enough vitamins and minerals

What is meant by a deficiency disease?
Why did sailors often develop scurvy?
Suggest why children need more calcium than adults.



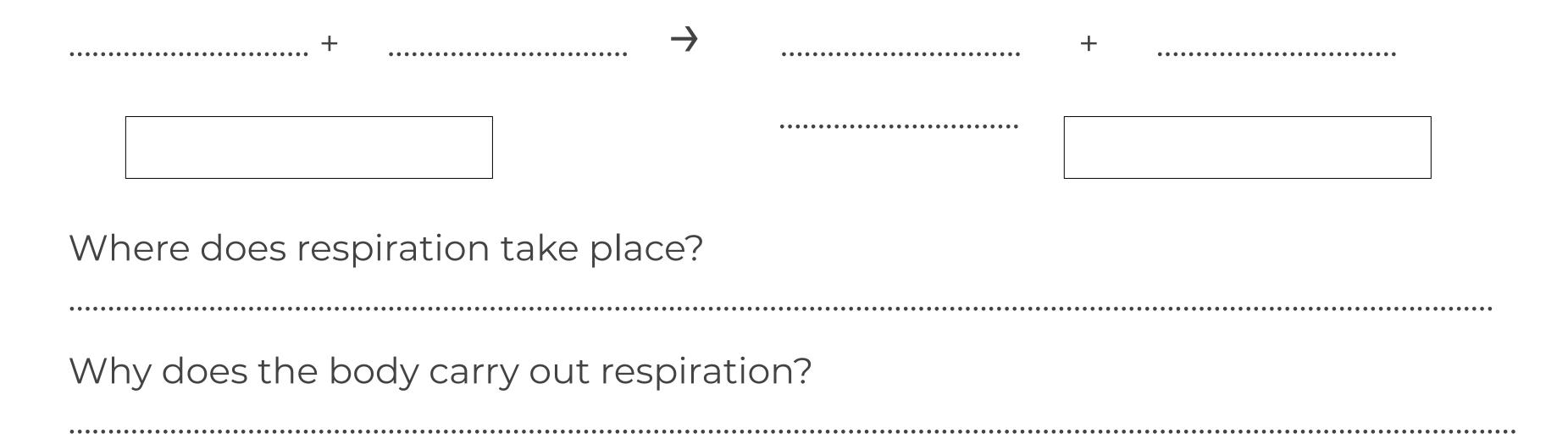
# **Energy requirements**

Explain	why the daily calorie req	uirements of a healthy adult female might be
differen	nt to those of a pregnant f	female.
	•••••••••••	
How lor		ake to burn off 3 iced doughnuts (240 kcal each)
a)	) Sitting down (90 kcal/h	r)
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.





# Testing for starch

Whose method gives the correct conclusion? Explain your answer.
What error was made in the other method that lead to the incorrect conclusion



# **Testing for sugars**

Whose method gives the correct conclusion? Explain your answer.
What error was made in the other method that lead to the incorrect conclusion?



### 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

