 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evaluate how well a model represents key features of the digestive system.



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| --- | --- | --- | --- | --- |
| Know | |  | Apply  2  1 | |
| Ideas | |  |  |  |
| K1 | The body needs a balanced diet with lipids, proteins, vitamins, minerals, dietary fibre and water, for its cells' energy, growth and maintenance. |  | A1 | Describe possible health effects of unbalanced diets from data provided. |
| A2 | Calculate food requirements for a healthy diet, using information provided. |
| K2 | Organs of the digestive system are adapted to break large food molecules into small ones which can travel in the blood to cells and are used for life processes. |  | A3 | Describe how organs and tissues involved in digestion are adapted for their role. |
| A4 | Describe the events that take place in order to turn a meal into simple food molecules inside a cell. |
|  | |  | A5 |  |
| Facts | |
| K3 | Iron is a mineral important for red blood cells. |  |  |  |
| K4 | Calcium is a mineral needed for strong teeth and bones. |  |  |  |
| K5 | Vitamins and minerals are needed in small amounts to keep the body healthy. |  |  |  |
|  | |  | A6 |  |
| Key words | |
| K6 | **Enzymes:** Substances that speed up the chemical reactions of digestion. |  |  |  |
| K7 | **Dietary fibre:** Parts of plants that cannot be digested, which helps the body eliminate waste. |  |  |  |
| K8 | **Carbohydrates:** The body's main source of energy. There are two types: simple (sugars) and complex (starch). |  |  |  |
| K9 | **Lipids:** (fats and oils) A source of energy. Found in butter, milk, eggs, nuts. |  |  |  |
| K10 | **Protein:** Nutrient your body uses to build new tissue for growth and repair. Sources are meat, fish, eggs, dairy products, beans, nuts and seeds. |  |  |  |
| K11 | **Stomach:** A sac where food is mixed with acidic juices to start the digestion of protein and kill microorganisms. |  |  |  |
| K12 | **Small intestine:** Upper part of the intestine where digestion is completed and nutrients are absorbed by the blood. |  |  |  |
| K13 | **Large intestine:** Lower part of the intestine from which water is absorbed and where faeces are formed. |  |  |  |
| K14 | **Gut bacteria:** Microorganisms that naturally live in the intestine and help food break down. |  |  |  |
| 3 | Extend |  |  |  |
| E1 | Design a diet for a person with specific dietary needs. |  |  |  |
| E2 | Critique claims for a food product or diet by analysing nutritional information. |  |  |  |
| E3 | Make deductions from medical symptoms showing problems with the digestive system. |  |  |  |
| E4 |  |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
| E5 |  |  |  |  |
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