

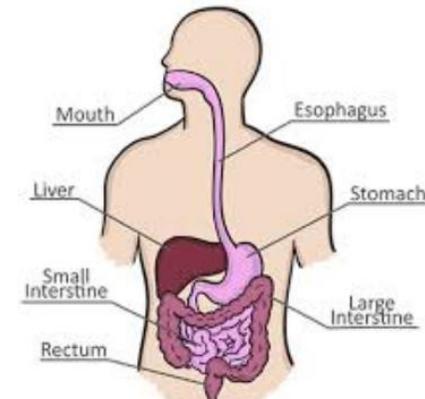


Section 1: Key Vocabulary	
Key Word	Definition
Balanced Diet	One that gives your body the nutrients it needs to function correctly
Nutrients	A substance that provides nourishment essential for the maintenance of life and for growth
Deficiency Disease	A disease caused by the lack of an element in the diet, usually a particular vitamin or mineral
Symptom	The visible sign of a disease or condition
Digestion	The breakdown of food in the body
Enzyme	A biological catalyst that speeds up a chemical reaction
Breathing	The process of taking air into and out of the lungs
Respiration	The reaction that occurs in cells to release energy
Alveoli	Tiny air sacs in the lungs where gas exchange occurs
Aerobic	Aerobic respiration occurs when there is plenty of oxygen
Anaerobic	Anaerobic respiration occurs when there is not enough oxygen

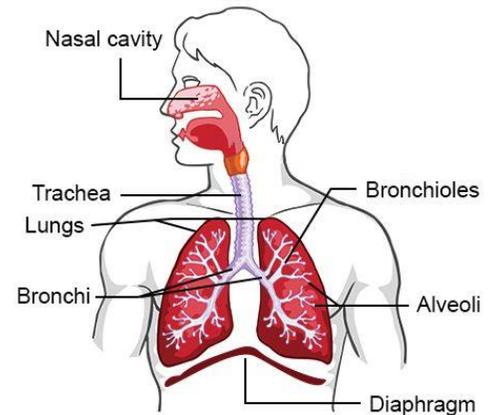
Section 2: Quick Questions	
What are the main nutrients we need in our diets?	Proteins, fats, carbohydrates, minerals, vitamins, fibre and water
What are examples of deficiency diseases?	Rickets from the lack of vitamin D; Beriberi disease from the lack of vitamin B; Swollen Thyroid Gland from the lack of iodine
How do we test for starch?	Iodine turns blue/black in the presence of starch
How do we test for glucose?	Benedict's solution turns orange/red in the presence of glucose (sugar)
How do we test for protein?	Biuret reagent turns purple in the presence of protein
How do we test for fat?	Greaseproof paper goes see through in the presence of fat
What parts of the digestive system aid breaking down food?	The mouth (using teeth, enzymes and saliva), your stomach (that churns and contains acid) and small intestines (with enzymes)
How does the air we breathe out compare to the air we breathe in?	The air we breathe out contains less oxygen, more CO ₂ and is warmer
What are the products of aerobic respiration?	Aerobic respiration produces carbon dioxide, water and energy

Section 3: Helpful Diagrams

Organs of the Digestive System



Organs of the Respiratory System



Sources of the key nutrients





Proteins
Carbohydrates
Fats

Section 4: Video Links