

## Digestion (Biology)

Year 7, Autumn Term

<b><i>You will be taught</i></b>	<b><i>You should know</i></b>
<p>about the need for a balanced diet containing carbohydrates, proteins, fats, minerals, vitamins, fibre and water, and about foods that are sources of these</p> <p>that food is used as a fuel during respiration to maintain the body's activity and as a raw material for growth and repair</p>	that glucose and starch are examples of carbohydrates,
	that <b>vitamin C</b> is found in fresh fruit and vegetables and is needed to help fight infection
	that a lack of vitamin C in humans causes <b>scurvy</b>
	that <b>calcium salts</b> are minerals found in food, particularly milk and cheese and that calcium salts are needed for strong bones and teeth
	the dangers of an excessive intake of animal fats;
	that foods high in <b>carbohydrates</b> include: bread, rice, pasta, potatoes, fruit: Needed for energy
	that foods high in <b>fat</b> include: butter, cheese, fatty meat, burgers, cooking oil: Needed as a store of energy and to keep us warm (layer of insulation)
	that foods high in <b>protein</b> include: fish, meat, milk, eggs, nuts, cheese: Needed for growth and repair
	that foods high in <b>fibre</b> include: leafy vegetables, fruit, whole-grain cereals: Needed to help our digestive system work properly
	that <b>vitamins and minerals</b> are found in a wide variety of foods: Needed for all sorts of chemical reactions in the cells that keep us healthy
	how to carry out the <b>iodine test for starch</b> – iodine goes blue-black in the presence of starch
the principles of digestion, including the role of enzymes in breaking down large molecules into smaller ones	that digestive <b>enzymes</b> in the gut break down food substances into soluble substances capable of being absorbed across the lining of the intestine into the bloodstream
that the products of digestion are absorbed into the bloodstream and transported throughout the body, and that waste material is egested	that the products of <b>digestion</b> are absorbed through the gut into the bloodstream and the waste products are <b>egested</b> ( <i>not excreted!</i> )

[http://www.bbc.co.uk/schools/ks3bitesize/science/biology/diet\\_intro.shtml](http://www.bbc.co.uk/schools/ks3bitesize/science/biology/diet_intro.shtml)

<http://www.bbc.co.uk/schools/gcsebitesize/biology/humansasorganisms/0nutritiondigestionrev1.shtml>