

Diet:

The Digestive System:

Q1. Where do bacteria live and what do they make? _____

Q2. What happens in the stomach? _____

Q3. What happens in the small intestine? _____

Q4. What happens in the large intestine? _____

Enzymes:

Q5. What are enzymes? And why are they called **biological catalysts**? _____

Q6. What are the three main types of enzymes and what do digest and produce? _____

Nutrients:

Q7. What are the seven nutrients in our diet? _____

Q8. Why do we need protein in our diet? _____

Q9. Why do we need fibre in our diet? _____

Knowledge Organiser Questions - Health and Lifestyle

Food Tests:

Q10. What is the result for the Benedict's test for sugars? _____

Q11. How do you do the protein test? And what is the result? _____

Effects of an Unhealthy Diet:

Q12. What are the risks of being overweight? _____

Q13. What are the risks of being underweight? _____

Effects of Lifestyle on Health:

Q14. What is a drug? _____

Q15. Give two facts about medicinal drugs. _____

Q16. Give two facts about recreational drugs. _____

Q17. What are the dangers of drinking alcohol when pregnant? _____

Q18. What are the three things found in cigarette smoke? _____

Q19. What are the dangers of smoking when pregnant? _____

Q20. Write three effects of withdrawal symptoms. _____
