

Diet:

The Digestive System:

Q1. Where do bacteria live and what do they make? **On fibre in the large intestine and makes vitamins e.g. vitamin K**

Q2. What happens in the stomach? **Stomach churns the food & begins chemical digestion of protein**

Q3. What happens in the small intestine? **Where digested food is absorbed into the blood**

Q4. What happens in the large intestine? **Where water and minerals are absorbed into the blood**

Enzymes:

Q5. What are enzymes? And why are they called **biological catalysts**? **Enzymes are special proteins that break large molecules of nutrients down into small molecules. They are called biological catalysts because they speed up digestion without being used up**

Q6. What are the three main types of enzymes and what do they digest and produce? **Carbohydrase, Protease and Lipase. Carbohydrase breaks starch to sugars. Protease breaks protein into amino acids and Lipase breaks lipids into fatty acids & glycerol**

Nutrients:

Q7. What are the seven nutrients in our diet? **Carbohydrates, protein, lipids, vitamins, minerals, water, and fibre**

Q8. Why do we need protein in our diet? **Growth and repair of cells & tissues**

Q9. Why do we need fibre in our diet? **Provides bulk to food to keep it moving through the gut**

Food Tests:

Q10. What is the result for the Benedict's test for sugars? **If the solution turns orange-red, the food contains sugar**

Q11. How do you do the protein test? And what is the result? **Add a few drops of copper sulfate solution and sodium hydroxide solution. If the solution turns purple, the food contains protein**

Effects of an Unhealthy Diet:

Q12. What are the risks of being overweight? **Heart disease, stroke, diabetes, some cancers**

Q13. What are the risks of being underweight? **Poor immune system, lack of energy, lack of vitamins and minerals**

Effects of Lifestyle on Health:

Q14. What is a drug? **Drugs are any chemicals that affect the way the brain and body work**

Knowledge Organiser Questions - Health and Lifestyle

Q15. Give two facts about medicinal drugs. **Used in medicine, benefit your health if used correctly, use to treat symptoms or cure illness, some have side effects**

Q16. Give two facts about recreational drugs. **Taken for enjoyment/to relax/stay awake, normally have no health benefits, many can be harmful, many are illegal**

Q17. What are the dangers of drinking alcohol when pregnant? **Miscarriage, stillbirth, premature birth, low birth weight babies, Fetal Alcohol Syndrome (FAS)**

Q18. What are the three things found in cigarette smoke? **Tar, Nicotine and Carbon monoxide**

Q19. What are the dangers of smoking when pregnant? **Increases the risk of miscarriage and low birth weight babies, and can also affect the fetus' development**

Q20. Write three effects of withdrawal symptoms. **Sickness, nausea, stomach cramps, headaches, anxiety, and sweating**