**8B1 Nutrition and Digestion**

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|   |  Lesson title |  Success criteria |  check |
|  | Nutrients and a balanced diet | Recall scientific meaning of diet |   |
| Be able to explain the role of water as a solvent |   |
| Identify a balanced meal and say what foods need to be added make unbalanced meals balanced. |   |
| Draw a particle diagram explain role of water as a solvent in living organism. |   |
| Digestive system and enzymes | Be able to name and identify the organs involved in digestion in order. |   |
| Be able to explain the whole process of digestion as a story. |   |
| Be able to describe that enzymes break down food chemically |   |
| Be able to describe more detail on main kinds of digestive enzymes: protease, carbohydrase, lipase based on independent research |   |
| Carbohydrates and absorption | Remember carbohydrates provide energy and can be small molecules, sugars or large molecules, starch. |   |
| Be able to test for sugar and starch, the two common carbohydrates. |   |
| Be able to label a diagram and answer questions about absorption in the small intestine. |   |
| Be able to explain how the small intestine structure enables better absorption due to large surface area |   |
| Proteins and the stomach | Carry out proteins test practical and write up method and results. |   |
| Explain the role of protein |   |
| Be able to explain the link between genes and proteins |   |
| Research and present information about structural and functional proteins |   |
| Fat, emulsifiers and surface area | Be able to carry out a practical to test for fats and relate this to high fat foods |   |
| Be able to answer questions of uses of fats |   |
| Be able to recall where fats are digested |   |
| Relate results from an emulsification practical with importance of surface area in fat digestion |   |
| Brining digestion and nutrition together | Identify food groups and their describe their roles in a balanced diet |   |
| Be able to describe food tests for proteins, fats, carbohydrates |   |
| Be able to describe mechanical and chemical digestion in humans |   |