**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 |  |