

Diet

What is a balanced diet?

Diet

Why does the body need protein?

Diet

Give the importance of fats and oils in the diet.

Diet

Why is iron needed in the diet?

Diet

Why is fibre (roughage) needed?

Diet

Why is vitamin D needed?

The digestive system

Name the parts of the large intestine.

The digestive system

Name the four associated organs of the digestive system.

For growth and repair of tissues. Sources include meat, fish, eggs and beans.

A diet that contains all the nutrients in the correct proportions and gives the right amount of energy for the person.

To make haemoglobin in red blood cells. Sources include red meat and green leafy vegetables.

They provide energy, are an energy store and give insulation.

It helps the body absorb calcium for hard bones and teeth.

It provides bulk for the gut muscles to push food along and helps prevent constipation.

Salivary glands, pancreas, liver and gall bladder.

Colon, rectum and anus.

The digestive system

Define assimilation.

The digestive system

Define egestion.

The digestive system

Define absorption.

The digestive system

What is physical digestion?

The digestive system **Supplement**

Why does physical digestion help chemical digestion?

The digestive system **Supplement**

Give two functions of hydrochloric acid in gastric juice.

Chemical digestion

What is chemical digestion?

Chemical digestion **Supplement**

Why is chemical digestion needed?

The removal of undigested food from the body as faeces.

Uptake and use of nutrients by cells.

The breakdown of food into smaller pieces without chemical change to the food molecules.

The movement of nutrients from the intestines into the blood.

Kills harmful microorganisms in food and provides an acidic pH for optimum enzyme activity.

It increases the surface area of food for enzymes to act on.

It produces small soluble molecules that can be absorbed.

The breakdown of large insoluble molecules into small soluble molecules.

Chemical digestion **Supplement**

What does amylase do?

Chemical digestion **Supplement**

What do proteases and lipase produce?

Chemical digestion **Supplement**

Where is amylase secreted?

Chemical digestion **Supplement**

Where are protease and lipase secreted?

Proteases make amino acids; lipase makes fatty acids and glycerol.

It breaks down starch to simple reducing sugars.

Protease: stomach and pancreas. Lipase: pancreas. Protease acts in the stomach and small intestine; lipase acts in the small intestine.

In the salivary glands and the pancreas. It acts in the mouth and the small intestine.