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| **Week 1: Nutrition & Diet** | **Week 2: The Digestive System** | **Week 3: The Periodic Table** |
| |  |  | | --- | --- | | diet | the kinds of food that an organism habitually eats | | nutrient | a substance that is essential for survival | | carbohydrate | a nutrient found in foods such as pasta, rice, bread and potatoes | | protein | A nutrient found in food such as meat, eggs, fish and tofu | | lipid | a nutrient found in foods such as oil, butter, nuts and seeds. | | obesity | when someone has such a high excess of body fat that their health might be affected |   The table shows why we need each nutrient:   |  |  | | --- | --- | | **Nutrient** | **Use in the body** | | Protein | For growth and repair | | Carbohydrates | To make energy | | Lipids (fats and oils) | To provide energy and Insulate against the cold | | Vitamins | Maintain health | | Minerals | Maintain health | | Water | For cells and body fluids | | Fibre | Keeps food moving through the gut | | |  |  | | --- | --- | | organ system | a group of organs that work together | | digestive system | the organ system responsible for taking in and breaking down nutrients | | Pancreas | Makes enzymes | | bacteria | In digestion, bacteria break down substances that we cannot | | small intestine | an organ in the body where nutrients are absorbed into the blood | | enzyme | a biological catalyst that speeds up chemical reactions in the body |   The diagram shows the parts of the digestive system and their function. | |  |  | | --- | --- | | the periodic table | a chart showing all of the chemical elements | | property | feature of a chemical substance or material | | group | a column of elements in the periodic table | | period | a row of elements in the periodic table | | prediction | a statement about what you think will happen | | variable | any factor that can be controlled, changed, or measured in an experiment ​ |     Water (H2O) and Carbon dioxide (CO2) are not on the periodic table of elements because they are compounds. |