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| **Week 1: Nutrition & Diet** | **Week 2: The Digestive System** | **Week 3: The Periodic Table** |
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| 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:

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| **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 |

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| 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.  |

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| 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.  |