**Topic Overview: Digestion**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Ref | Outcome | Achieved | ☺ |
| Emerging | E9SbD1.1 | Know that we need a balanced diet and be able to recall some food groups |  |  |
| E9SbD1.2 | Know that food is digested in the digestive system. |  |  |
|  |  |  |  |
| E9SbD2.1 | Recall the food groups needed for a balanced diet. |  |  |
| E9SbD2.2 | Name the main key organs of the digestive system |  |  |
|  |  |  |  |  |
| Developing | D9SbD3.1 | Understand that Vitamins and minerals are needed in small amounts to keep the body healthy |  |  |
| D9SbD3.2 | Be able to label a diagram of the key organs of the digestive system |  |  |
|  |  |  |  |
| D9SbD4.1 | Know that Iron is a mineral important for red blood cells and Calcium is a mineral needed for strong teeth and bones |  |  |
| D9SbD4.2 | Know that the role of digestion is to break large food molecules into small ones which can travel in the blood to cells and are used for life processes |  |  |
|  |  |  |  |  |
| Securing | S9SbD5.1 | Calculate food requirements for a healthy diet, using information provided |  |  |
| S9SbD5.2 | Describe how organs and tissues involved in digestion are adapted for their role esp the small intestine |  |  |
|  |  |  |  |
| S9SbD6.1 | Describe possible health effects of unbalanced diets from data provided |  |  |
| S9SbD6.2 | Describe the events that take place in order to turn a meal into simple food molecules inside a cell. |  |  |
|  |  |  |  |  |
| Mastering | M9SbD7.1 | Design a diet for a person with specific dietary needs |  |  |
| M9SbD7.2 | Explain the role of bacteria and enzymes in digestion |  |  |
|  |  |  |  |
| M9SbD8.1 | Explain how different types of malnutrition are caused and their effects |  |  |
| M9SbD8.2 | Critique claims for a food product or diet by analysing nutritional information |  |  |
|  |  |  |  |
| M9SbD9.1 | Evaluate the effectiveness and dangers of fad diets |  |  |
| M9SbD9.2 | Make deductions from medical symptoms showing problems with the digestive system |  |  |

**Keywords**

|  |
| --- |
| **Enzymes:** Substances that speed up the chemical reactions of digestion. |
| **Dietary fibre:** Parts of plants that cannot be digested, which helps the body eliminate waste. |
| **Carbohydrates:** The body's main source of energy. There are two types: simple (sugars) and complex (starch). |
| **Lipids:** (fats and oils) A source of energy. Found in butter, milk, eggs, nuts. |
| **Protein:** Nutrient your body uses to build new tissue for growth and repair. Sources are meat, fish, eggs, dairy products, beans, nuts and seeds. |
| **Stomach:** A sac where food is mixed with acidic juices to start the digestion of protein and kill microorganisms. |
| **Small intestine:** Upper part of the intestine where digestion is completed and nutrients are absorbed by the blood. |
| **Large intestine:** Lower part of the intestine from which water is absorbed and where faeces are formed. |
| **Gut bacteria:** Microorganisms that naturally live in the intestine and help food break down. |