

Prior Learning:		<i>This unit links to 7A Cells, tissues, organ and organ systems.  This unit also links to 7G Diffusion  This unit also links to 7I Energy</i>			
Lesson Number	Title	Lesson Objectives	Content	Key words	Assessment/Homework
1 Required practical	Testing nutrients	What does our food contain?	<ul style="list-style-type: none"> <li>Describe what diet means</li> <li>Recall the main nutrients we need in our diet</li> <li>Describe the test for nutrients</li> </ul>	<ul style="list-style-type: none"> <li>Diet</li> <li>Carb</li> <li>Starch</li> <li>Fat (lipids)</li> <li>Protein</li> <li>Fibre</li> <li>Iodine</li> <li>Biuret</li> </ul>	
2	Uses of nutrients	Why do we need the different nutrients?	<ul style="list-style-type: none"> <li>Recall good sources of different nutrients</li> <li>Describe how factors change the amount of energy we need</li> <li>Describe what each nutrient does in the body</li> </ul>	<ul style="list-style-type: none"> <li>Fuel</li> <li>Kilojoules</li> <li>Respiration</li> </ul>	
3	Food labelling	Why do packaged food have labels?	<ul style="list-style-type: none"> <li>Interpret nutrition information labels</li> <li>Understand packaging and the UK law</li> <li>Identify how food advertisements persuade us to buy their products</li> </ul>	<ul style="list-style-type: none"> <li>RDA/RI's</li> <li>Traffic light</li> </ul>	
4	Balanced diet & malnutrition	Why is a balanced diet important?	<ul style="list-style-type: none"> <li>Describe the importance of a balanced diet</li> <li>Describe the eat well plate</li> <li>Explain how different types of malnutrition are caused and their effects</li> <li>Calculate BMI</li> </ul>	<ul style="list-style-type: none"> <li>Deficiency</li> <li>Kwashiorkor</li> <li>Scurvy</li> <li>Night blindness</li> <li>Rickets</li> <li>Anaemia</li> <li>Obesity</li> <li>BMI</li> </ul>	

5	Digestion	What do the different parts of the digestive system do?	<ul style="list-style-type: none"> <li>Label the different parts of the digestive system</li> <li>Describe the function of the different organs involved in digestion</li> <li>Explain why enzymes and bacteria are important in digestion</li> </ul>	<ul style="list-style-type: none"> <li>Enzymes</li> <li>Saliva</li> <li>Oesophagus</li> <li>Stomach</li> <li>Gastric juice</li> <li>Acid</li> <li>Small intestine</li> <li>Large intestine</li> </ul>	20-mark multiple choice quiz
6 Skills focus	Maths skills: Surface area	How do we calculate surface area?	<ul style="list-style-type: none"> <li>Calculate the surface area of 2d shapes</li> <li>Calculate the surface area of 3d shapes (cuboids)</li> <li>Describe the importance of surface area in biology using examples</li> </ul>	<ul style="list-style-type: none"> <li>Surface area</li> </ul>	Teacher Assessment
7	The Small intestines	How does digested food get into the blood?	<ul style="list-style-type: none"> <li>Explain how digested food molecules pass through the small intestines and into the blood</li> <li>Explain how the small intestine is adapted for its function</li> </ul>	<ul style="list-style-type: none"> <li>Diffusion</li> <li>Capillaries</li> <li>Villi</li> <li>Microvilli</li> </ul>	
<b>Revision and Test</b>					
<b>Where we will use these ideas again</b>		<ul style="list-style-type: none"> <li>Year 8 – Surface area to volume ratio of Lungs and Plants</li> <li>Year 9 (GCSE) – B1 Diffusion; B1 SA:V ratio</li> <li>Year 10 (GCSE) – B3 Enzymes, Food test required practical, The digestive system</li> </ul>			