# Year 8 Health and Lifestyle Knowledge Organiser

## 1. Food Groups

| Keyword | Definition | Examples |
|---|---|---|
| Carbohydrate | Provides energy | Bread, Pasta, Rice |
| Protein | Growth and repair | Meat, Eggs, Beans |
| Lipids (Fats) | Stored energy in the body | Butter, Oil, Nuts |
| Minerals & Vitamins | Needed to maintain health | Salt, Calcium (milk), Vegetables |
| Dietary Fibre | Ensure movement of food through the gut | Vegetables, Brain |
| Water | Needed for hydration of body | Water, Fruit Juice, Milk |

## 2. Balanced and Unbalanced diet

| Unbalanced Diet | Health Problem |
|---|---|
| Too much fat | Heart disease |
| Too much sugar | Tooth decay |
| Not enough protein | Poor growth |
| Not enough carbohydrate | Not much energy |

## 3. Diet Keywords

| Keyword | Definition |
|---|---|
| Digestion | When large insoluble food particles are broken down into small soluble particles |
| Enzyme | Digests food. Breaks down large molecules into small molecules |
| Biological Catalyst | Speeds up digestion |
| Respiration | The chemical reaction that happens in mitochondria to release energy from glucose. |

## 4. Enzymes

| Nutrient | Enzyme | Product |
|---|---|---|
| Carbohydrate (Starch) | Carbohydrase | Sugar |
| Protein | Protease | Amino acids |
| Fat | Lipase | Fatty acids and glyc- |



## 5. Smoking and pregnancy

1. Nicotine and carbon monoxide can reduce the baby's oxygen supply.
2. This leads to an underdeveloped baby which increases the risk of:
- baby being underweight
- heart defects
- decrease in lung function
- brain function affected
- risk of still birth or SIDS (sudden infant death syndrome)
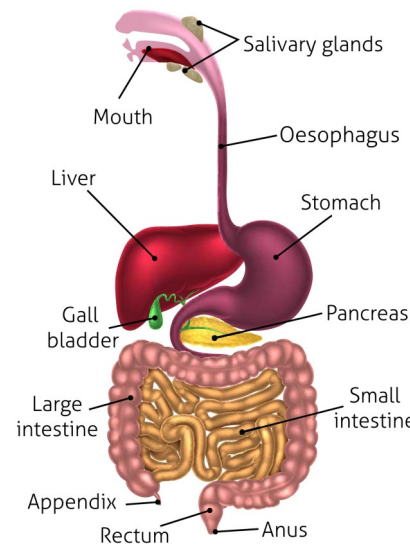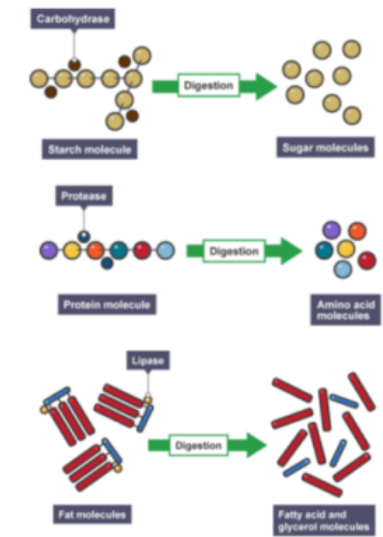


## 6. Drugs

| Stimulant | Depressant |
|---|---|
| Stimulants speed up the activity of the nervous system. This causes: Increased alertness, Raised heart rate and blood pressure, Reduced appetite | Depressants slow down the activity of the nervous system. This causes; Sleepiness, Forgetfulness, Can be addictive |