

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, Bran
Water	Needed for hydration of body	Water, Fruit Juice, Milk

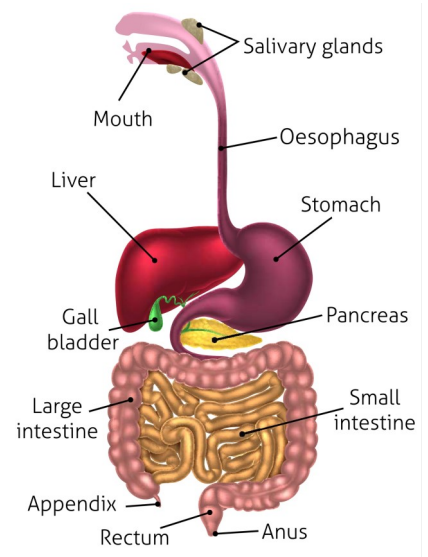
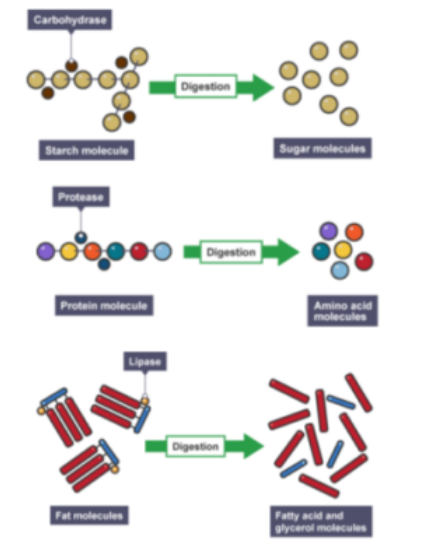
2. Balanced and Unbalanced diet	
Unbalanced Diet	Health Problem
Too much fat	Heart disease
Too much sugar	Tooth decay
Not enough protein	Poor growth
Not enough carbohydrate	Not much energy

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 glycerol

5. Smoking and pregnancy

- Nicotine and carbon monoxide can reduce the baby's oxygen supply.
- 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:	Depressants slow down the activity of the nervous system. This causes;
Increased alertness	Sleepiness
Raised heart rate and blood pressure	Forgetfulness
Reduced appetite	Can be addictive

