

Food and Health

	<u>Working towards Mastery (W)</u>	<u>Meeting Mastery (M)</u>	<u>Beyond Mastery (B)</u>
Food and Health	<ul style="list-style-type: none">- The body needs a balanced diet with carbohydrates, lipids, proteins, vitamins, minerals, dietary fibre and water, for its cells' energy, growth and maintenance.- Organs of the digestive system are adapted to break large food molecules into small ones which can travel in the blood to cells and are used for life processes.	<ul style="list-style-type: none">- Describe possible health effects of unbalanced diets from data provided.- Calculate food requirements for a healthy diet, using information provided.- Describe how organs and tissues involved in digestion are adapted for their role.- Describe the events that take place in order to turn a meal into simple food molecules inside a cell.	<ul style="list-style-type: none">- Design a diet for a person with specific dietary needs.- Critique claims for a food product or diet by analysing nutritional information.- Make deductions from medical symptoms showing problems with the digestive system.- Find out how recreational drugs might affect different body systems.