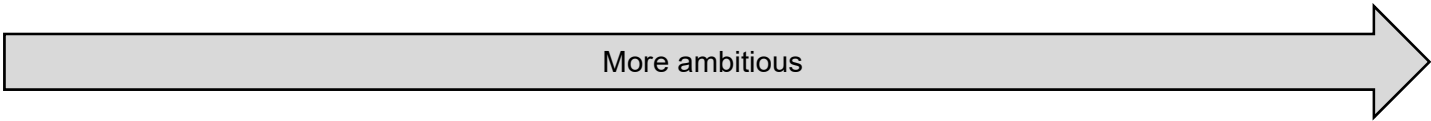


We will learn: Health and Lifestyle

Element				
1. Knowledge: Nutrients	I can name the seven food groups and give examples for each group.	I can explain why each food group is needed	I can give examples of specific deficiency diseases and explain how to improve unbalanced diets	
2. Knowledge: Digestion	I can name the organs of the digestive system in the correct order	I can explain what happens in most organs of the digestive system	I can explain what happens in each organ of the digestive system	I can explain how specific organs are adapted for digestion
3. Knowledge: Enzymes	I can recall what enzymes do	I can name three specific digestive enzymes and what they break down	I can explain where each digestive enzyme is produced in the body and what the products of their action are	I can explain the role of bile and how it speeds up digestion
4. Knowledge: Drugs and alcohol	I can name some organs that drugs and alcohol effects	I can explain the difference between a stimulant and a depressant	I can explain social and economic effects of drugs and alcohol	
5. Knowledge: smoking	I can name three harmful chemicals in cigarettes	I can explain the effects of three chemicals in cigarettes	I can explain in detail what three chemicals in cigarettes do and how they affects specific cells.	
6. Skills: food tests	I can safely carry our food tests and explain the reagent needed for each test	I can name the reagents and identify positive colour changes	I can identify problems in methods and suggest improvements	