

Define the following key words using the glossary:

Balanced diet:

Deficiency:

Enzyme:

Drug:

Depressant:

Describe some of the health problems associated with being underweight or overweight. Pg 8

What conditions are caused by being deficient in vitamin A or vitamin D?

Name the 7 nutrients that are needed in a balanced diet and state their function. Pg 4

Name the 3 different enzymes used in digestion, for each include what nutrient they break down, what is made and where the enzyme works. Pg 12

Describe the difference between medicinal and recreational drugs giving examples. Pg 14

B2.1 Health and lifestyle

Describe the different tests that can identify starch, lipids, sugar and protein. Include how they are done and what a positive results looks like. Pg 6

Describe some of the short and long term effects of drinking. Pg 16

How does alcohol affect pregnant women?

What chemicals are found in tobacco smoke? Pg 19

Name some of the diseases caused by smoking

What are some of the problems caused by smoking during pregnancy? Pg 18

| Structure | Description of the function in digestion |
|-----------------|--|
| mouth | |
| gullet | |
| stomach | |
| small intestine | |
| large intestine | |
| rectum | |
| anus | |

Describe the role of the villi in digestion and the adaptations they have to help them perform their function. Pg 11