Biology – Chapter 2

## The Chemicals of Life – Where is my learning at? Can I do the following?

|  |  |  |  |
| --- | --- | --- | --- |
|  | Red | Orange  | Green |
| What is a biomolecule? |  |  |  |
| Name the 4 biomolecules needed by organisms |  |  |  |
| Give a good source of 1. Carbohydrates (starch, sugar, fibre)
2. Protein
3. Fat
4. Vitamins (C and D)
5. Minerals (Calcium and Iron)
 |  |  |  |
| Give the functions of 1. Carbohydrates (starch, sugar, fibre)
2. Protein
3. Fat
4. Vitamins (C and D)
5. Minerals (Calcium and Iron)
 |  |  |  |
| What is the function of water in the diet? |  |  |  |
| Food tests – for each food test* Describe how to treat the food before testing (grind up and mix with water)
* Name the chemical
* Say if heat is required
* Give the original colour of the chemical
* Give the final colour of the chemical if there is a positive result
 |  |  |  |
| What is a balanced diet? |  |  |  |
| Know that a person’s balanced diet depends on age, gender, level of activity and general health |  |  |  |
| Be able to read a food label and compare two food labels for amounts of energy and food types per 100g |  |  |  |
| What information does Reference Intake give about a food? |  |  |  |
| What is the food pyramid?Be able to describe the food pyramid and how to use it.http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Consumer/Healthy%20Living/new-food-pyramid-2012.JPG?width=640&height=369&ext=.jpg |  |  |  |
|  | Red | Orange  | Green |
| What is malnutrition? |  |  |  |
| What is a disease? |  |  |  |
| What is a deficiency disease? |  |  |  |
| Name the deficiency diseases that result from a lack of * Vitamin C
* Vitamin D
* Iron
* Calcium
 |  |  |  |
| Describe a dietary cause and symptom of the following diseases:* Obesity
* High Blood Pressure
* Type 2 diabetes
 |  |  |  |

**Key Words for this topic**

(*A key word is a word which you must be able to explain (give a definition of), use in a sentence, understand what it means when it is used in a question and if it is part of a diagram you need to be able to draw or label it.)*

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| --- | --- | --- |
| Biomolecule | Carbohydrate | Protein |
| Fat | Vitamin | Mineral |
| Balanced diet | Reference intake | Food pyramid |
| Malnutrition | Disease | Deficiency disease |