

Unit/Topic of work: 8A Food and Digestion

Complete the table below which shows food groups and examples

Food Type	Why we need it?	Examples
		Meat, Fish, Pulses, Milk, Cheese
	For energy and to keep us warm	
Water		
Carbohydrates		
Vitamins and Minerals		
	Stops us being constipated, it keeps food moving through our gut	

Imagine that you are a beef and salad sandwich. Write a story that explains what happens to you as you are digested.
Try to include detail about what happens at each stage e.g. in the mouth, in the stomach etc



What are enzymes and why are they important in digestion?

Assessment criteria:

- Level 4: Name the nutrients that make up a balanced diet and give examples of foods which contain them
- Level 5: Describe the functions of the digestive organs in the body and explain how digestion works
- Level 6: Explain the differences between chemical and mechanical digestion
- Level 7: Explain the role of enzymes in digestion and absorption

(Tick the targets achieved and highlight the next step target)