Food and Nutrition

Topic Checklist / Progression Check

I know this colour green	I'm not sure colour yellow	I don't know this colour red

Subtopics and Learning Objectives	Start	End
Nutrients		
- Recall the nutrients we need in our diet		
- Recall the tests used to detect some nutrients		
Uses of Nutrients		
- Recall good sources of different nutrients		
- Describe how factors change the amount of energy we need		
- Describe what each nutrient does in the body		
Balanced Diets		
- Describe the benefits of a balanced diet		
- Explain how different types of malnutrition are caused and their effects		
Digestion		
- Recall the parts of the digestive system and their functions		
- Explain why enzymes and bacteria are useful for digestion		
Absorption		
- Explain how diffusion enables absorption by the small intestine		
- Explain how the small intestine is adapted to its function		

Food and Nutrition

Topic Checklist / Progression Check

I know this colour green	I'm not sure colour yellow	I don't know this colour red

Subtopics and Learning Objectives	Start	End
Nutrients		
- Recall the nutrients we need in our diet		
- Recall the tests used to detect some nutrients		
Uses of Nutrients		
- Recall good sources of different nutrients		
- Describe how factors change the amount of energy we need		
- Describe what each nutrient does in the body		
Balanced Diets		
- Describe the benefits of a balanced diet		
- Explain how different types of malnutrition are caused and their effects		
Digestion		
- Recall the parts of the digestive system and their functions		
- Explain why enzymes and bacteria are useful for digestion		
Absorption		
- Explain how diffusion enables absorption by the small intestine		
- Explain how the small intestine is adapted to its function		