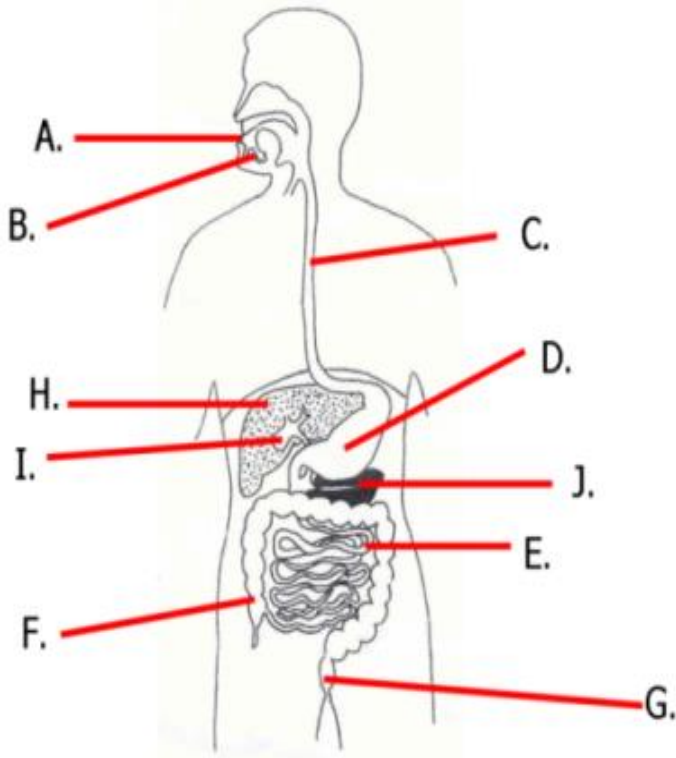


## Year 8 Food and digestion FACT SHEET

<b>Food groups</b>	
<b>1. List the 7 food groups in a healthy diet</b>	<ul style="list-style-type: none"><li>• Carbohydrates</li><li>• Fat (lipid)</li><li>• Proteins</li><li>• Vitamins</li><li>• Minerals</li><li>• Fibre</li><li>• Water</li></ul>
<b>2. Name 2 types of carbohydrate</b>	<ul style="list-style-type: none"><li>• Sugar</li><li>• Starch</li></ul>
<b>3. Name 2 foods which contain starch</b>	<b>Bread, potato, pasta, rice</b>
<b>4. Name 2 foods which contain sugar</b>	<b>Chocolate, fruit, fizzy drinks</b>
<b>5. Name 2 foods which contain protein</b>	<b>Meat, fish, beans, nuts</b>
<b>6. Name 2 foods which contain fat</b>	<b>Butter, margarine, lard</b>
<b>7. Why does the body need carbohydrates?</b>	<b>For energy</b>
<b>8. Why does the body need protein?</b>	<ul style="list-style-type: none"><li>• For growth</li><li>• To repair tissues</li><li>• To make enzymes</li></ul>
<b>9. Why does the body need fat?</b>	<ul style="list-style-type: none"><li>• For energy</li><li>• Insulation (keep warm)</li></ul>
<b>10. Why does the body need fibre?</b>	<b>To keep the digestive system working</b>
<b>Balanced diet</b>	
<b>1. What is a balanced diet?</b>	<b>A diet with the right amount of energy and nutrients for the body's needs</b>
<b>The digestive system</b>	
<b>1. What does 'digestion' mean?</b>	<b>Breaking food down into very very very very small pieces</b>
<b>2. Explain why food needs to be digested</b>	<b>So that the very very very very very small pieces can get into the blood</b>

3. Label the digestive system



**A. Mouth**

B. Salivary gland

C. Oesophagus/ gullet

**D. Stomach**

**E. Small intestine**

**F. Large intestine**

G. Rectum

H. Liver

I. Gall bladder

J. Pancreas

**Digestion**

1. Describe the function of the salivary glands

Produces amylase and releases saliva

2. Describe the functions of the stomach

- **Churns food**
- Produces acid & protease
- **Digests protein**

3. Describe the function of the small intestine

- Produces enzymes (protease, lipase & amylase)
- Digests food
- **Absorbs the soluble food into the bloodstream**

4. State the function of the liver

Makes bile

5. State the function of the gall bladder

Stores bile

6. Describe the function of the pancreas

**Makes enzymes**

**Protease, lipase & amylase**

**Enzymes**

7. What are enzymes made of?	Protein
8. Why are enzymes needed in digestion?	<ul style="list-style-type: none"> <li>• To break food down</li> <li>• Into soluble molecules</li> <li>• So it can be absorbed into the blood</li> </ul>
9. Name the enzyme that digests carbohydrates/ starch	Carbohydrase/ amylase
10. Name the enzyme that digests protein	Protease
11. Name the enzyme that digests fat/ lipid	Lipase
12. What are carbohydrates digested into?	Sugar/ glucose
13. What are proteins digested into?	Amino acids
14. What are fats digested into	Fatty acids AND glycerol
15. What is it called when an enzyme changes shape so it doesn't work?	Denatured