



LEARNING JOURNEY

Biology

B7.3 You are what you eat

Biology is the study of living organisms and their environment.

In this third module you build on previous learning about what life and cells and start to apply it to the process of digestion. This will increase your understanding of the role of organs, and how to work scientifically.

THE
RIGHT
WAY **R**

You are
what you
eat

Nutrients:
To understand the
role of different
nutrients, and how
food contain differing
amounts of them.

Food tests:
PRACTICAL
You can explain
how you can test
for starch and
protein, fats, and
glucose

Diets:
You can explain
key parts of a
balanced diet

Unbalanced Diets:
You can explain
impacts of
deficiency
diseases

**Organs of the
Digestive System:**
You can label the
organs correctly and
explain their roles.

**Diffusion and
Absorption:**
Define diffusion
and
explain how
nutrients get into
our blood.

Bacteria:
To understand the
structure of a bacterial
cell and compare it
against an animal /
plant cell.

VOCABULARY

Carbohydrate
Protein
Fats
Starch
Biuret

Benedict's
Iodine
Deficiency
Digestion



READY
RESPECTFUL
RESPONSIBLE

The Role of Gut Bacteria:
You can explain the
importance of gut
bacteria and identify how
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Unbalanced Diets:
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