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| Biology | **Year 8 Biology content – Spring Term** | **How to support students’ learning** |
|  | **Health & Disease*** Define the terms “health” and “disease”
* Name the three types of microbes that cause disease and how they spread
* Features of bacteria, viruses and fungi
* The body’s main methods of defence against disease-causing microbes
* Explain why ideas about microbes and disease have changed over time
* Understand terms immunity, antibody, antigen and antibiotic
* Recognise the impact of diet, exercise, drugs and lifestyle on the way t bodies function; know how to keep healthy and how the body might be damaged – including how some drugs and other substances can be harmful to the human body

**Balanced diets and health** • Content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed • Calculations of energy requirements in a healthy daily diet. • The consequences of imbalances in the diet, including obesity, starvation and deficiency diseases **The digestive system and enzymes** • The tissues and organs of the human digestive system, including adaptations to function and how the digestive system digests food (enzymes simply as biological catalysts) • The importance of bacteria in the human digestive system | Encourage your child to look through the following information[Health and disease - KS3 Biology - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/ztnnb9q)[Bacteria and disease - Microorganisms - 3rd level Science Revision - BBC Bitesize](https://www.bbc.co.uk/bitesize/guides/zj6qqp3/revision/3)[How antibiotics and vaccines work - Health and disease - KS3 Biology - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/ztnnb9q/articles/z2kvydm)[The effects of recreational drugs on health and behaviour - Health and disease - KS3 Biology - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/ztnnb9q/articles/zrs44xs)Encourage your child to look through the following information [Healthy diet - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize](https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwvgdm)Encourage your child to watch this video on digestive enzymes [Key Stage 3 Science (Biology) - Enzymes in Digestion (youtube.com)](https://www.youtube.com/watch?v=_qq_Dh9EWsw) |