

Subject	Year 8 Biology content – Autumn Term	How to support students' learning
Digestion	<p data-bbox="394 240 730 268"><u>Balanced diets and health</u></p> <ul data-bbox="443 280 1391 512" style="list-style-type: none"> <li data-bbox="443 280 1391 384">• Content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed <li data-bbox="443 400 1249 427">• Calculations of energy requirements in a healthy daily diet. <li data-bbox="443 443 1301 512">• The consequences of imbalances in the diet, including obesity, starvation and deficiency diseases <p data-bbox="394 576 842 603"><u>The digestive system and enzymes</u></p> <ul data-bbox="443 616 1352 767" style="list-style-type: none"> <li data-bbox="443 616 1352 719">• 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) <li data-bbox="443 735 1245 762">• The importance of bacteria in the human digestive system 	<p data-bbox="1431 280 1962 427">Encourage your child to look through the following information Healthy diet - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize - BBC Bitesize</p> <p data-bbox="1431 671 2000 778">Encourage your child to watch this video on digestive enzymes Key Stage 3 Science (Biology) - Enzymes in Digestion - YouTube</p>