

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	Health and disease - KS3 Biology - BBC Bitesize Bacteria and disease - Microorganisms - 3rd level Science Revision - BBC Bitesize How antibiotics and vaccines work - Health and disease - KS3 Biology - BBC Bitesize The effects of recreational drugs on health and behaviour - Health and disease - KS3 Biology - BBC Bitesize Encourage your child to look through the following information Healthy diet - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize Encourage your child to watch this video on digestive enzymes Key Stage 3 Science (Biology) - Enzymes in Digestion (youtube.com)