

Name _____ Class _____ Date _____

Draw a ring around a number of stars for each statement. If you are very confident about a statement, draw your ring around all the stars. If you do not know anything about a statement do not draw a ring.

Topic	At the end of the unit:	
8Aa		
	Recall why we need food.	* * * * *
	Recall the nutrients we need in our diets.	* * * * *
	Describe why our bodies need fibre and water.	* * * * *
	Interpret food information labels.	* * * * *
	Recall the tests used to detect some nutrients.	* * * * *
8Ab		
	Recall some good sources of the different nutrients and fibre.	* * * * *
	Describe how factors change the amount of energy we need from food.	* * * * *
	Describe what our bodies use the different nutrients for.	* * * * *
8Ac		
	Describe the benefits of a balanced diet.	* * * * *
	Explain how different types of malnutrition are caused and their effects.	* * * * *
	Interpret Reference Intake (RI) information.	* * * * *
8Ad		
	Identify and recall the main organs in the human digestive system.	* * * * *
	Describe the functions of the organs in the digestive system.	* * * * *
	Explain how food is moved through the digestive system.	* * * * *
	Describe how enzymes work as catalysts in digestion.	* * * * *
	Recall some benefits and drawbacks of bacteria in the digestive system.	* * * * *
8Ae		
	Recall what happens in respiration.	* * * * *
	Explain how diffusion occurs in terms of movement of particles.	* * * * *
	Explain how diffusion allows absorption by the small intestine.	* * * * *
	Explain how the small intestine is adapted to its function.	* * * * *
8Ae Working Scientifically		
	Calculate surface areas of rectangles and cuboids.	* * * * *
	Explain the importance of surface area in science (e.g. in absorption).	* * * * *