



Digestion

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The breakdown
and absorption
of food

Oesophagus

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Brings food
from the mouth
to the stomach

Stomach

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Churns and
mixes food help
break food down

Iodine

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Chemical used to
test for the
presence of starch





Amylase

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The enzyme in saliva that breaks starch down to maltose

Liver

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Produces bile in digestion and breaks down fat

Large Intestine

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Reabsorbs water from digested food and carries faeces to the anus to be egested

Enzyme

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A biological catalyst





Pancreas

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Produces
digestive
enzymes

Small
Intestine

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Absorbs nutrients
from food into the
bloodstream

Components of
food

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Carbohydrates,
proteins, fats,
vitamins, minerals

Source of
carbohydrates

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Bread, rice,
potatoes





Source of
proteins

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Lean meat, fish,
nuts, eggs

Source of
fats

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Butter, oil,
cheese

Source of
vitamins

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Vitamin C (Citrus
fruits), Vitamin D
(Milk, cheese)

Source of
minerals

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Iron (Red meat),
calcium (dairy
products)





Healthy
balanced diet

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Contains the right
amounts of
nutrients, fibre and
water

Stages of
nutrition

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Ingestion, digestion,
absorption,
assimilation,
egestion

Two types
of digestion

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Physical and
chemical

Physical
digestion

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Mechanical
breaking up of food
into smaller pieces





Chemical
digestion

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The chemical
breakdown of food
by the use of
enzymes

Enzyme

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A biological catalyst (alters
the rate of a chemical
reaction without being
used in the reaction itself)

Types of
teeth

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Canines, molars,
incisors,
premolars

Amylase

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An enzyme found in
the mouth which
converts starch into
maltose





Peristalsis

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A wave of muscular contractions that pushes food along the digestive tract

Absorption

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The movement of nutrients from the digestive tract into the bloodstream

Villi

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Finger-like projections found in the small intestine that increase surface area and aid absorption

Egestion

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The removal of waste from the body via the anus





Organs of the digestive system

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Oesophagus, stomach, small intestine and large intestine (salivary glands, liver, pancreas)

Biuret Solution

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Used to test for the presence of protein

Benedict's Solution

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Used to test for the presence of reducing sugars

Food Pyramid

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Diagram used to help choose number and size of portions from each food

