

Lesson	Know	Apply	Extend
8.4.1 Nutrients	I can name some nutrients in a given diet. <input type="checkbox"/>	I can describe the components of a healthy diet. <input type="checkbox"/>	I can explain what makes a food a healthy option. <input type="checkbox"/>
	I can name the nutrients required by the human body. <input type="checkbox"/>	I can explain the role of each nutrient in the body. <input type="checkbox"/>	I can explain how each nutrient contributes to a healthy, balanced diet. <input type="checkbox"/>
	I can extract nutritional information from food packaging. <input type="checkbox"/>	I can interpret nutritional information on food packaging to identify a healthy food. <input type="checkbox"/>	I can interpret nutritional information to make health comparisons between foods. <input type="checkbox"/>
8.4.2 Food tests	I can state that food can be tested for starch, lipids, sugar, and protein. <input type="checkbox"/>	I can describe how to test foods for starch, lipids, sugar, and protein. <input type="checkbox"/>	I can explain why testing food for starch, lipids, sugar, and protein is important. <input type="checkbox"/>
	I can state that food tests show colour changes. <input type="checkbox"/>	I can describe the positive result for each food test. <input type="checkbox"/>	I can explain the meaning of positive or negative results in terms of the food tests. <input type="checkbox"/>
	I can use appropriate techniques to carry out a food test safely. <input type="checkbox"/>	I can use appropriate techniques to carry out a range of food tests safely. <input type="checkbox"/>	I can use appropriate techniques to carry out a full range of food tests safely. I can interpret the findings and relate them to everyday situations. <input type="checkbox"/>
8.4.3 Unhealthy diet	I can state one potential problem for someone with an unhealthy diet. <input type="checkbox"/>	I can describe some health issues caused by an unhealthy diet. <input type="checkbox"/>	I can explain how an unhealthy diet causes health issues. <input type="checkbox"/>
	I can state that different people require different amounts of energy. <input type="checkbox"/>	I can calculate the energy requirements of different people. <input type="checkbox"/>	I can explain that different people require different amounts of energy. I can use energy calculations and data to support explanations. <input type="checkbox"/>
	I can collect experimental data and record observations. <input type="checkbox"/>	I can collect experimental data and draw conclusions from results obtained. <input type="checkbox"/>	I can interpret experimental data and suggest ways to improve the experiment. <input type="checkbox"/>

Lesson	Know	Apply	Extend
8.4.4 Digestive system	I can name the main parts of the digestive system. <input type="checkbox"/>	I can describe the structure and function of the main parts of the digestive system. <input type="checkbox"/>	I can explain how each part of the digestive system works in sequence, including how the small intestine is adapted for its function. <input type="checkbox"/>
	I can state what is meant by digestion. <input type="checkbox"/>	I can describe the process of digestion. <input type="checkbox"/>	I can explain why food needs to be digested. <input type="checkbox"/>
	I can identify the main structures in the digestive system on a model. <input type="checkbox"/>	I can give a structured account of digestion. <input type="checkbox"/>	I can give a detailed explanation of digestion in sequence. <input type="checkbox"/>
8.4.5 Bacteria and enzymes in digestion	I can name some enzymes used in digestion. <input type="checkbox"/>	I can describe the role of enzymes in digestion. <input type="checkbox"/>	I can explain how enzymes affect the rate of digestion. <input type="checkbox"/>
	I can state where bacteria are found in the digestive system. <input type="checkbox"/>	I can describe the role of bacteria in digestion. <input type="checkbox"/>	I can explain how some bacteria improve health. <input type="checkbox"/>
	I can record measurements from an experiment. <input type="checkbox"/>	I can record experimental data using a suitable results table. <input type="checkbox"/>	I can record experimental data using a suitable results table, and evaluate the quality of the data. <input type="checkbox"/>