

Year 7: ASK Yourself!

Subject: Science

Unit 7.6: Eating, Drinking and Breathing

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
S kills				
	I need to describe how organs and tissues involved in digestion are adapted for their role.	I can partially describe possible health effects of unbalanced diets from data provided. I can partially evaluate how well a model represents key features of the digestive system.	I can confidently calculate food requirements for a healthy diet, using information provided. I can confidently describe the events that take place in order to turn a meal into simple food molecules inside a cell.	I can expertly design a diet for a person with specific dietary needs. I can expertly critique claims for a food product or diet by analysing nutritional information.
K nowledge				
	I need to know that the body needs a balanced diet with carbohydrates, lipids, proteins, vitamins, minerals, dietary fibre and water, for its cells' energy, growth and maintenance.	I partially know that iron is a mineral important for red blood cells. I partially know that calcium is a mineral needed for strong teeth and bones. I partially know that vitamins and minerals are needed in small amounts to keep the body healthy.	I confidently know that the organs of the digestive system are adapted to break large food molecules into small ones which can travel in the blood to cells and are used for life processes.	I understand that breathing occurs through the action of muscles in the ribcage and diaphragm. The amount of oxygen required by body cells determines the rate of breathing.