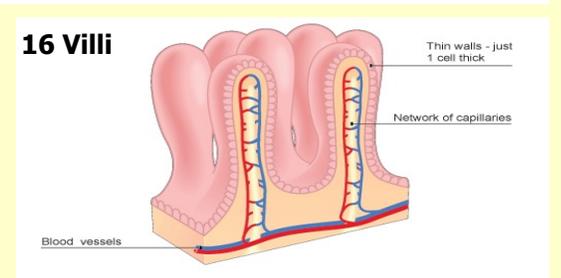
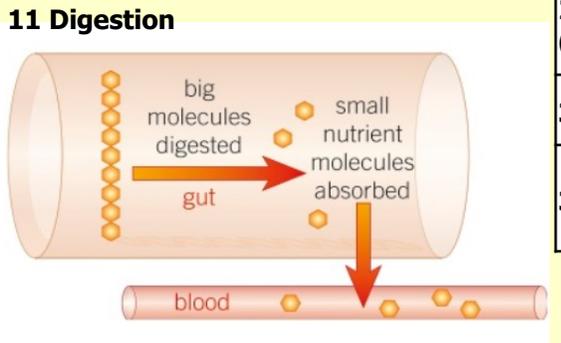
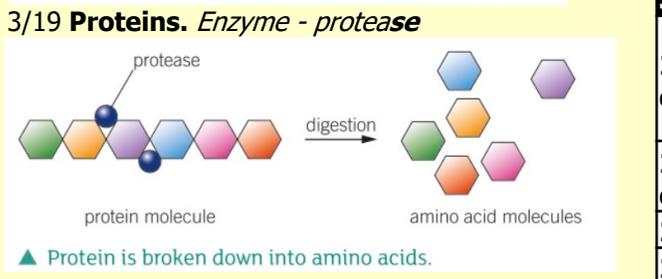
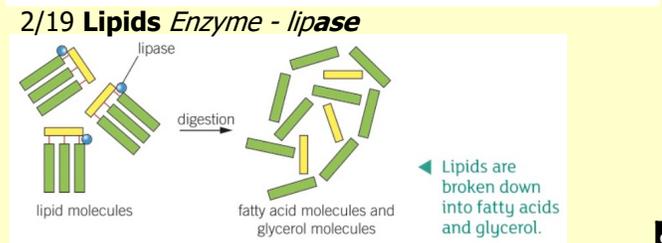
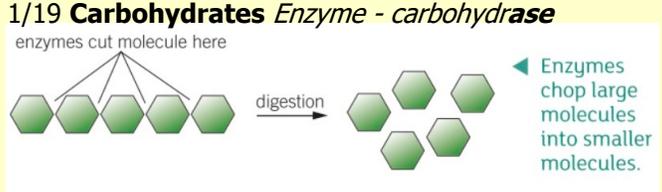


2.1 Health and Lifestyle

Section 1: Nutrients	
Nutrient	Function
1 Carbohydrates	Provides energy . Found in sugary foods and bread and pasta,
2 Lipids	Provides you with a store of energy and keeps you warm.
3 Proteins	Are used for growth and repair . Found in meat and dairy .
4 Vitamins and Minerals	Keeps you healthy (needed for normal function). Found in fruit and veg .
5 Water	Needed in all cells and body fluids.
6 Fibre	Not a nutrient but important for a healthy diet. Keeps food moving through gut. Found in carbohydrates .

Section 2: Food Tests		
Nutrient	Chemical Used	Colour Change if Present
7 Starch	Iodine	Turns blue-black
8 Lipids	Ethanol	Solution turns cloudy
9 Sugar	Benedict's Solution	Turns brick-red
10 Protein	Copper Sulphate and Sodium Hydroxide	Turns purple

Section 4: Digestion	
11 Digestion	Large molecules being broken down into smaller molecules .
12 Mouth	Food is chewed and mixed with saliva
13 Gullet	Food passes down this tube.
14 Stomach	Food is mixed with digestive juices in and acids.
15 Small Intestine	Small food molecules absorbed into the bloodstream.
16 Villi	Small structures the line the intestine, increasing surface area and maximising absorption .
17. Large Intestine	Water absorbed leaving undigested food called faeces.
18. Rectum	Faeces stored here.
19. Anus	Where faeces leave the body.
20. Enzymes	Special proteins that break large molecules into smaller molecules for absorption. Found in the mouth, stomach and small intestine



Section 5 unhealthy diets	
21. Starvation	Energy eaten in food is less than the energy used
22. Obese	Extremely overweight - Energy eaten in food is more than the energy used; stored as fat under skin and around organs;
23. Deficiency	When a person does not have enough of a vitamin, mineral of food group.

Section 6: Drugs and alcohol	
24. Medicinal drugs	Used in medicine to benefit health , treat symptoms of a condition e.g. paracetamol used to relieve pain
25. Recreational drugs	Drug taken for enjoyment only – no benefit to health
26. Addiction	When you need to take a drug to feel normal
27. Stimulant	e.g. nicotine in cigarettes – speeds up bodies reactions
28. Depressant	e.g alcohol – slows down bodies reactions
29. Ethanol (Alcohol)	Absorbed into your blood stream; affects nervous system reducing reaction time and thinking ability; damages liver causing scaring (cirrhosis).
30. Liver	Organ responsible for removing toxic chemicals e.g alcohol
31. Smoking	linked to heart disease, Emphysema (lung disease), lung cancer, respiratory infections

