

B2.1: **Health and Lifestyle**

Lesson	Objectives Tracker Sheet	Date covered	I know this well	I need to do more work on this
1.1 Nutrients	Describe the components of a healthy diet			
	Explain the role of each food group in the body			
1.2 Food tests	Describe how to test for starch, lipids, sugar and protein			
	Describe the positive result for each food test			
1.3 Unhealthy diet	Describe some health issues caused by an unhealthy diet			
	Calculate the energy requirements of different people			
1.4 Digestive system	Describe the structure and function of the main parts of the digestive system			
	Describe the process of digestion			
1.5 Bacteria and enzymes in digestion	Describe the role of enzymes in digestion			
	Describe the role of bacteria in digestion			
1.6 Drugs	Describe the difference between recreational and medicinal drugs			
	Describe the effects of drugs on health and behaviour			
1.7 Alcohol	Describe the effect alcohol has on conception and pregnancy			
1.8 Smoking	Describe the effects of tobacco smoke on health			
	Describe the effects of tobacco smoke on pregnancy			