

KS3 Biology – Food and Digestion

Students will be able to sort and identify healthy and unhealthy foods. Students will understand the term ‘balanced diet’ and will understand that you need different foods from different food groups to stay healthy. Students will explore how an unbalanced diet can cause health problems. Students will be able to identify, name and explain the functions of the different parts of the digestive system.

Students will ‘work scientifically’ to achieve these goals, learning the key features of scientific enquiry; observing over time, pattern seeking, identifying, classifying, investigating (fair tests) and researching.

RRS Articles:

This unit of work is linked to Articles of the UN Convention on the Rights of the Child.

Article 13 (freedom of expression)

Article 29 (goals of education)

	<u>OU P Steps 5-6</u>	<u>OU P Steps 7-8</u>	<u>OU Step 1</u>	<u>OU Step 2</u>	<u>OU Step 3</u>
<u>Subject specific knowledge</u>	<p>Knows that foods are healthy and unhealthy.</p> <p>Knows that you need to eat more healthy foods than unhealthy foods.</p> <p>Knows that eating a lot of unhealthy food is bad for your body.</p> <p>Knows that the digestive system has different parts.</p>	<p>Knows that foods are healthy and unhealthy.</p> <p>Knows that you need to eat more healthy foods than unhealthy foods.</p> <p>Knows that foods can be sorted into different groups.</p> <p>Knows that eating a lot of unhealthy food is bad for your body.</p> <p>Knows that the digestive system has different parts.</p>	<p>Knows that foods are healthy and unhealthy and can give examples.</p> <p>Knows that you need a balanced diet to be healthy.</p> <p>Knows that food can be sorted into different groups.</p> <p>Knows that an unbalanced diet can make you ill.</p> <p>Knows that the digestive system has different parts.</p>	<p>Knows that foods are healthy and unhealthy and can give examples.</p> <p>Knows that you need a balanced diet to be healthy.</p> <p>Knows the names of the different food groups.</p> <p>Knows that food can provide you with energy.</p> <p>Knows that an unbalanced diet can cause health problems.</p>	<p>Knows that foods are healthy and unhealthy and can give examples.</p> <p>Knows that you need a balanced diet to be healthy.</p> <p>Knows the names of the different food groups and can give examples of different foods from each group.</p> <p>Knows that food can provide you with energy.</p> <p>Knows that an unbalanced diet can</p>

				Knows the key parts of the digestive system.	cause health problems and give examples. Knows the key parts of the digestive system.
<u>Subject specific skills</u>	<p>Is able to sort healthy and unhealthy foods.</p> <p>Is able to choose their favourite food.</p> <p>Is able to identify if foods they like are healthy and unhealthy.</p> <p>Is able to point to or match different parts of the digestive system when given the name.</p> <p>Follow a set of demonstrations to carry out a simple investigation.</p>	<p>Is able to sort healthy and unhealthy foods.</p> <p>Is able to sort foods into the different food groups.</p> <p>Is able to identify that an unbalanced diet can make you ill.</p> <p>Is able to label the parts of the digestive system and match the parts to their function.</p> <p>Follows a picture method to carry out a simple investigation.</p>	<p>Is able to sort healthy and unhealthy foods.</p> <p>Is able to sort foods into the different food groups.</p> <p>Is able to identify that an unbalanced diet can make you ill.</p> <p>Is able to explain that food is digested once eaten.</p> <p>Is able to label the parts of the digestive system and identify their functions.</p> <p>Follows a word and picture method to carry out a simple investigation.</p>	<p>Is able to sort foods into the different food groups.</p> <p>Is able to create a healthy, balanced meal.</p> <p>Is able to identify foods that give you energy.</p> <p>Is able to identify that an unbalanced diet can cause health problems.</p> <p>Is able to explain that digestion is the process of food being broken down.</p> <p>Is able to label the parts of the digestive system and explain their functions.</p> <p>Follows a written set of instructions to carry out a simple investigation.</p>	<p>Is able to name and sort foods into the different food groups.</p> <p>Is able to create a meal plan for a healthy balanced diet.</p> <p>Is able to identify foods that give you energy.</p> <p>Is able to explain how different foods provide your body with energy.</p> <p>Is able to explain how an unbalanced diet can cause health problems.</p> <p>Is able to explain the process of digestion.</p> <p>Is able to name and explain the functions of each part of the digestive system.</p> <p>Follows a written set of instructions to</p>

					carry out a simple investigation.
<u>Personal development</u>	<p><u>Problem solving</u> Investigations and matching exercises</p> <p><u>Communication skills</u> Working as pairs in investigations, asking and answering questions</p> <p><u>Self-belief</u> Learning new skills, practising them and demonstrating them.</p> <p><u>Self-management</u> Working with new equipment</p> <p><u>Teamwork</u> Working as groups to solve problems or find out new information</p>				
<u>Suggested activities</u>	<ul style="list-style-type: none"> • Sort healthy and unhealthy foods. • Sorting food into the different food groups. • Designing a healthy, balanced meal. • Explore foods that give us energy. • Unbalanced/unhealthy diet leading to health problems - obesity, starvation, deficiency diseases • Research what happens if people don't eat enough of certain food groups. • Look at food labels - red, amber, green. Children to label different foods as red, amber and green to show how much they should eat. • Labelling the digestive system • Functions of the digestive system. • Compare to animals digestive systems 				
<u>Possible Investigations</u>	<ul style="list-style-type: none"> • Explore the digestive system practically e.g. moving food through tights, crushing food in a bag to represent the stomach. 				
<u>Key Words</u>	<p>Healthy, unhealthy, diet, balanced diet, unbalanced diet, vitamins, minerals, energy, digestion</p> <p>food groups - carbohydrates, fats, fruit & vegetables, dairy, protein</p> <p>digestive system - mouth, oesophagus, stomach, liver, pancreas, small intestine, large intestine</p>				
<u>Online resources</u>					
<p>Twinkl</p> <p>CLEAPPS for risk assessments</p> <p>BBC bitesize for video resources.</p> <p>STRATA documents - Diet and Digestion</p>					
<u>Evidencing Work</u>					
All work / evidence sheets need to be printed off, annotated by staff, self-assessed by pupils and stored in student folders.					

