



Year: 8

Topic: lifestyles

Link to national curriculum:

Homework:
Work through homework
booklet

Lessons	Skills/ practical
Section1 – nutrients and health	
<p>Students should be able to:</p> <p>List the nutrients needed from food</p> <p><i>Practical: Testing for foods</i></p> <p>Describe the uses of nutrients in the body</p> <p>Make some links between nutrients and health impacts</p>	<p>Class practical: testing for foods</p>
Section2 – digestive system and alcohol	
<p>Label a diagram of the digestive system</p> <p>State the function of the digestive system</p> <p>Describe what happens during digestion – describe what enzymes do.</p> <p>Investigate how well an enzyme works depends on the temperature.</p> <p>Explain the effects of alcohol on the digestive system and the body</p>	<p>Practical amylase temperature 8aD3</p> <p>Means 8D3a</p> <p>Draw conclusion from data KS3.19 construct and select appropriate charts KS3.15</p> <p>Present answers to a given number of significant figures 8N15a</p>
Section 3 – Lungs and smoking	
<p>Investigate lung capacity</p> <p>Identify structures in the lungs (Label a diagram of the respiratory system)</p> <p>Know what happens in the lungs (gas exchange)</p> <p>Explain the effects of exercise and smoking on the respiratory system</p>	<p>Practical demo : Lungs dissection</p>
Section 4 heart and exercise	
<p>Label a heart diagram</p> <p>The effect of exercise on heart rate</p> <p>Discuss healthy BMI and the relationship between diet and exercise.</p>	<p>Practical demo: heart dissection</p> <p>Class practical: investigate the effect of exercise on pulse rate.</p>

<p>Section 5 mini investigation (rich task)</p>	<p><i>Levelled task</i> <i>Patient's report (numeracy)</i></p>
<p>Review a patient's health profile:</p> <p>Calculate a BMI Organise notes in a table Calculate mean averages Draw an appropriate graph Write a report to advise the patient on his health plan</p>	<p>Means 8D3a Draw conclusion from data KS3.19 construct and select appropriate charts KS3.15 Use appropriate units KS3.14</p> <p><i>Patient's report (literacy)</i> 8wm3 –in planning, make choices about content, structure, language, presentation to suit the purpose 8 WS2 – select, analyse and present ideas and information convincingly and objectively 8.WL2 –Use technical terms, language and expression consistent with subject content</p>
<p>Section 6 End of topic test</p>	