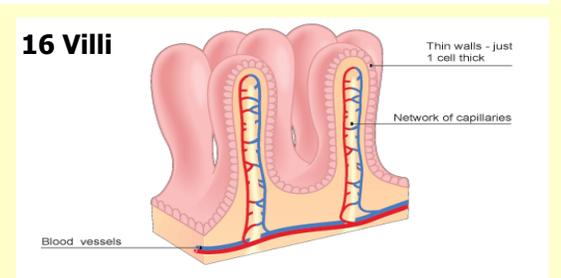
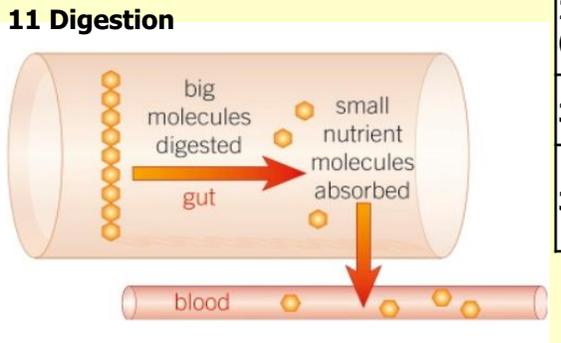
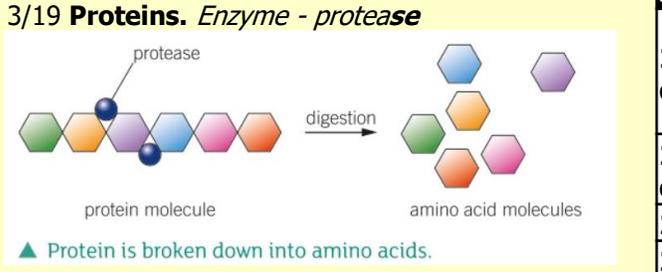
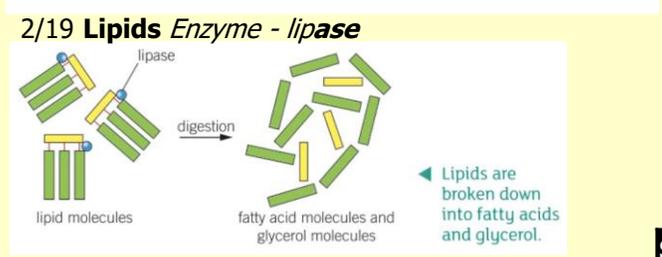
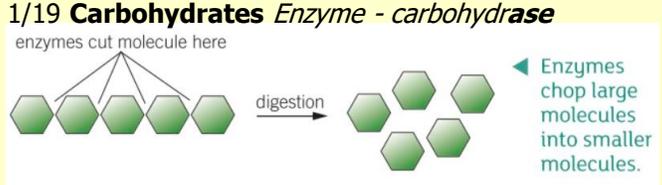


## 2.1 Health and Lifestyle

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

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

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



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

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

