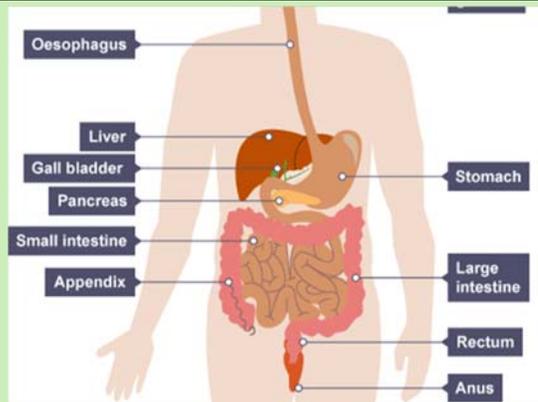


1. Biology

Stomach	Where ingested food is stored and broken down.
Small intestine	Where food molecules are absorbed into the blood.
Large intestine	Where water molecules are absorbed into the blood.
Enzymes	Biological catalysts.



Diet

Nutrient groups

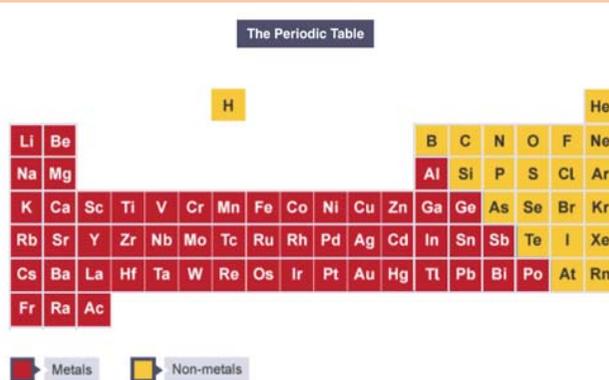
- Carbohydrates (for energy)
- Protein (for growth and repair)
- Lipids (for energy and insulation)
- Fibre
- Vitamins
- Minerals
- Water

Plants synthesise their own food using energy from the sun. This allows them to make carbohydrates such as sucrose, starch and cellulose.

Deficiency	Cause
Scurvy	Lack of vitamin C
Rickets	Lack of vitamin D
Anaemia	Lack of iron

Risks from overeating: obesity, Type 2 diabetes, heart disease, stroke

2. Chemistry



Metals	Left hand-side of periodic table.
Non-metals	Right hand-side of periodic table.
Groups	Columns that read up and down.
Periods	Rows that read left to right.

Atom	The smallest part of an element that can exist.
Element	A substance made of only one type of atom.
Compound	A substance made of two or more types of atom chemically joined.

3. Physics

Speed (m/s) = Distance (m) ÷ Time (s)

Time is measured using a **stopwatch**. Distance is measured using a **tape measure** or **ruler**.

Distance/Time Graph

