THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

YEARS 7 TO 9 · SCIENCE

Nutrition and digestion

What digestion is doing, the Eatwell proportions, and how a diet fails in both directions.

WHAT IS INSIDE

- What digestion is actually doing
- The Eatwell proportions, at this age
- An imbalanced diet, in both directions
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The Striving Muslim Academy

1 sets · a hint on every question

Written for a parent teaching at home. No training assumed, and nothing else to buy.

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The Eatwell proportions, at this age

Read this, then answer the questions on it.



THE EATWELL PROPORTIONS, AT THIS AGE

The NHS Eatwell Guide gives the shape of a healthy diet as proportions rather than a list of rules.

At least five portions of a variety of fruit and vegetables a day. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, which should make up just over a third of what we eat, choosing higher fibre or wholegrain varieties such as wholewheat pasta and brown rice. Some beans, pulses, fish, eggs, meat and other protein foods. Some dairy or alternatives such as soya drinks and yoghurts. Unsaturated oils and spreads, in small amounts.

Foods and drinks high in fat, salt and sugar sit outside the main part of the guide because they are not needed for health, which is not the same as banned. That group includes butter and ghee.

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An imbalanced diet, in both directions

Read this, then answer the questions on it.



AN IMBALANCED DIET, IN BOTH DIRECTIONS

A diet can fail by shortage and by excess, and both are statutory content at this stage.

Too little of something specific gives a deficiency: too little iron and the blood carries less oxygen, too little vitamin C and connective tissue fails. Too little altogether is starvation, which the curriculum names as one of the consequences of an imbalanced diet. When food is scarce, stored body fat provides energy for maintaining homeostasis.

Too much energy, taken over a long period, is stored and leads to obesity, which raises the risk of other illnesses rather than being one itself. The arithmetic behind all of this is the energy in food against the energy the body uses, which is why calculating a daily requirement is part of the work.

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How each one is answered

Mark it together. Where a question asks for a list, the order does not matter.



DIGESTION AND DIET

1. Explain in one sentence why food has to be digested at all.

1. Food molecules are too large to pass into the blood.
2. Digestion breaks them into molecules small enough to be absorbed.

Answer: **because food molecules are too large to be absorbed until they are broken down**

2. Name the four regions of the gut in order, and give one thing each does.

1. Mouth: chewing, and starch digestion begins.
2. Stomach: protein digestion in acid conditions.
3. Small intestine: most digestion, and absorption.
4. Large intestine: water is recovered.

Answer: **mouth, stomach, small intestine, large intestine, with chewing and starch, protein in acid, absorption, and water recovery**

3. The NHS advises at least how many portions of fruit and vegetables a day, and what word does it use about the kinds?

1. At least five portions a day.
2. Of a variety of fruit and vegetables: five portions of one thing is not the advice.

Answer: **at least five portions, of a variety**

4. Starchy foods should make up what share of what we eat, according to the NHS?

1. The guide says starchy foods should make up just over a third of the food we eat.
2. It also advises choosing higher fibre or wholegrain kinds.

Answer: **just over a third**

5. Fat, salt and sugar sit outside the main part of the Eatwell Guide. Explain what that does and does not mean.

1. They are outside the main part because they are not needed for health.
2. The advice is to have them less often and in smaller amounts.
3. It does not mean banned, and the group includes butter and ghee, which a cook uses.

Answer: **they are not needed for health and should be had less often and in smaller amounts, which is not the same as banned**

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SAMPLE PAGES

You have read a few pages. The pack is longer.

What you are holding is a short sample, taken from different parts of the pack so that you can see how a week is planned and what a child is actually asked to do, before you decide.

The complete pack, and the rest of the academic materials, are on our website: schemes of work for a parent teaching at home, and practice packs for the skills children get stuck on.

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Members of the homeschool community do not buy these. If you have joined the community, the pack for the term you are working on is given to you at no cost.

Our Islamic Education classes are free. These packs are part of what pays the teachers who teach them.