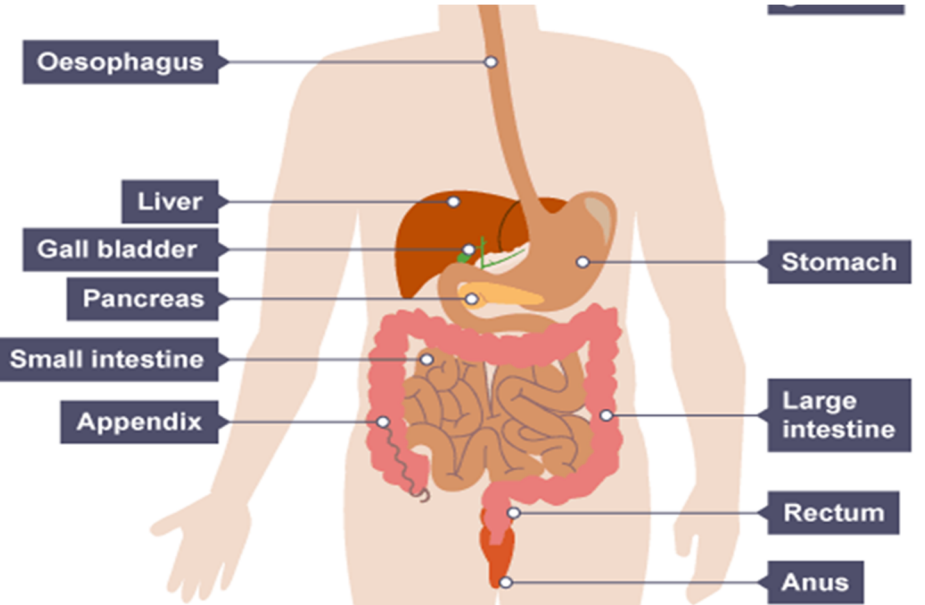


1. Biology

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.

2. Chemistry

The Periodic Table

Metals Non-metals

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

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

Formulae show us which elements are present in compounds

H ₂ O	Water
CO ₂	Carbon Dioxide
CH ₄	Methane
NH ₃	Ammonia

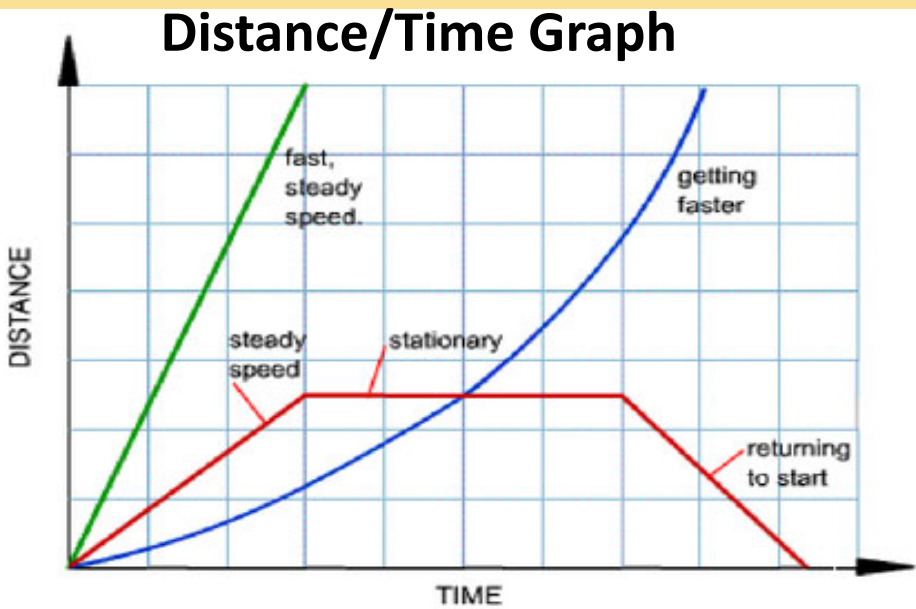
3. Physics

$$\text{Speed} = \frac{\text{Distance}}{\text{time}}$$

(m/s) (m) (s)

Time is measured using a **stopwatch**.

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



Trinity TV

For more help, visit Trinity TV and watch the following videos: Trinity TV > Year 7> Science