BALLYMENA ACADEMY

Year 10 Biology Revision

Diet and Digestion • Blood and Circulation

45 minute exam | Use your class booklets to revise these learning outcomes

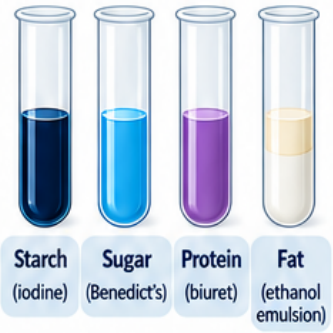
Food and a healthy diet — LO 1–6

- Give five reasons why we need food.
- Know the components of a healthy diet, their sources and functions.
- Know deficiency conditions caused by a lack of vitamin C, vitamin D, calcium and iron.
- Explain malnutrition and starvation.



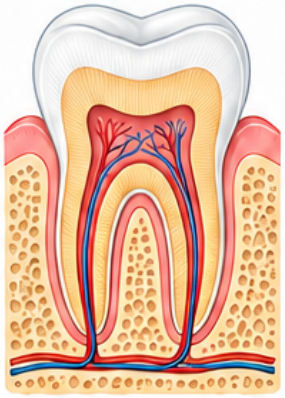
Food tests — LO 7

- Revise the tests for starch, sugar, protein and fat.
- For each test, know:
  - Reagent or reagents
  - Method
  - Positive result and colour change



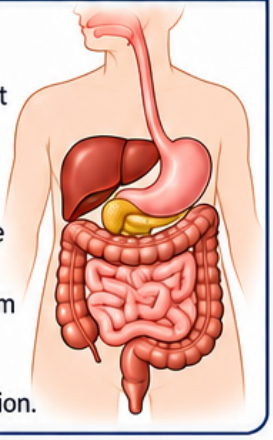
Teeth and dental health — LO 8–12

- Draw and label a tooth.
- Name the four types of teeth and their functions.
- Describe how tooth decay happens.
- Explain three ways to prevent tooth decay.
- Compare herbivore, carnivore and omnivore teeth.



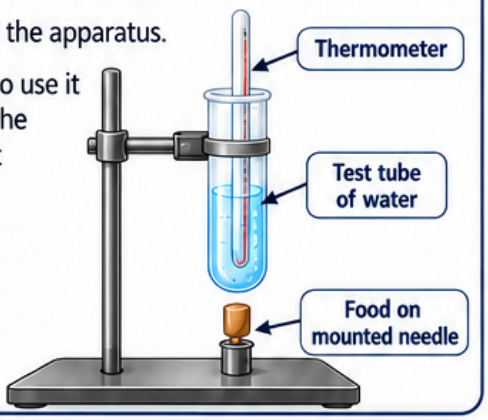
Digestion and absorption — LO 13–21

- Explain physical and chemical digestion.
- Explain what enzymes are and what they do.
- Describe peristalsis and how fibre helps.
- Label the digestive system and state the functions of key structures.
- Explain four adaptations of the ileum for absorption.
- Define ingestion, digestion, absorption, assimilation and egestion.



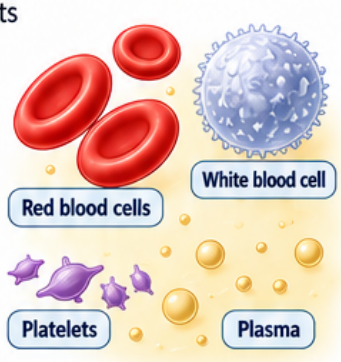
Investigating energy in food — Practical

- Draw and label the apparatus.
- Describe how to use it to investigate the energy content of food.



Blood and Circulation — LO 1–3

- Name the four components of blood.
- Draw or describe each component.
- State the function of each component.
- List three reasons why blood donation may be required.



Recall from memory → Check your booklet → Correct and practise

Care | Engage | Excel | Respect