

Human Biology

Science

Statement Code no: 5

Student:

Class:

At Junior Certificate level the student can:

Describe some of the major systems of the human body and have an understanding of food and health

Date Commenced: / /

Date Awarded: / /

Learning Targets - This has been demonstrated by your ability to:

- 1 Recall that a balanced diet has six nutrients: carbohydrates, fats, proteins, vitamins, minerals and water
- 2 Describe a food pyramid and give examples of each type of food recommended in a balanced diet
- 3 Carry out food tests for starch, sugar and fat
- 4 Read and interpret the energy values indicated on food product labels and compare the energy content per 100g of a number of foods
- 5 Identify and locate the major parts of the digestive system including the mouth, food pipe, stomach, small intestine, large intestine and know their functions
- 6 Identify molars, premolars, canines and incisors and describe their functions
- 7 Investigate the action of the enzyme in saliva on starch
- 8 Understand the release of energy from food
- 9 Describe the function and composition of blood
- 10 Demonstrate the effect of exercise and rest on pulse and breathing rate and understand that a balance of each promotes good health
- 11 Recall that the average pulse rate for an adult at rest is 70 b.p.m., and explain why exercise results in increased pulse and breathing rates
- 12 Recall that the normal temperature of the human body is 37 degrees centigrade, and understand that illness may cause a change in body temperature

Refer also to: Art, Home Economics, Personal and Social Development, Physical Education.

Work begun | Work in progress | Work completed