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| **CARBOHYDRATES** | | **CALCULATING BMI**  **LIST THE FACTORS THAT MAY AFFECT DIET / FOOD INTAKE** | | **WHAT IS A BALANCED DIET?** |
| **PROTEIN** | | DIET  &  NUTRITION | | **PROBLEMS ASSOCIATED – DEFICIENCIES OR EXCESS**   * **Obesity (and link to CV diseases)** * **Anaemia** * **Beri Beri** * **Rickets** * **Osteoporosis** * **Scurvy** * **Anorexia** * **Kawashiorkor** * **Marasmus** * **Neural Tube defects** |
| **LIPIDS** | | **FOOD TESTS**  **Benedict’s Test**  **Biuret Test**  **Iodine Test**  **Grease Spot Test** | |
| **MOUTH & OESPHAGUS** | **STOMACH** | | **SMALL INTESTINES** | |
| **PANCREAS** | **DIGESTION** | |
| **LIVER & GALL BLADDER** | **LARGE INTESINES** | | **DISEASES / PROBLEMS**   * **Bowel Cancer** * **Appendicitis** * **Constipation** * **Diarrhoea** * **Gall Bladder Stones** * **Stomach Ulcers** | |