

## Section 1 – circulatory system

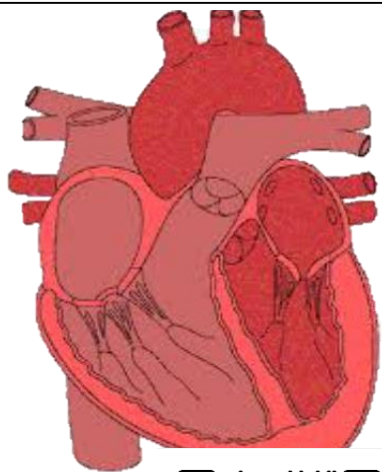
Key vocabulary

**Heart** a strong muscle in the chest that pumps blood around the body

**Blood** a liquid that travels around the body to transport nutrients (including water), waste products and gases

**Blood vessels** are the network of 'tubes' that transport blood around the body such as arteries, capillaries and veins

**The heart pumps blood to the lungs to get oxygen. The oxygenated blood returns to the heart and then the heart pumps it to the rest of the body.**



## Section 3 – Food groups

There are different food groups: protein, carbohydrates, fats, sugar, vitamins and minerals, fibre and water.

It is important to eat these foods in the right amounts to meet the needs of the body.

Different food and drink contain combinations of nutrients that are needed for health.

## Food Groups

### Fruit and Vegetables

These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

### Carbohydrates

Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

### Food and Drinks High / or Sugar

Eat less often and in small amounts.



Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.



### Oil and Spreads

Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.



## Section 2 – drugs

**Drugs, alcohol and smoking have a negative impact on the body.**

A drug is a medicine or other substance that has an effect on the body. Nicotine and alcohol are examples of drugs.

Nicotine is the most addictive drug in tobacco that is found in cigarettes. Smoking has a negative impact on the body and increases health risks.

Alcohol is a drug that can have negative effects on your body. This includes feeling sick, tired and loss of balance.

Alcohol is a drug that can have negative effects on your body. This includes feeling sick, tired and loss of balance.



## Section 4 – Designing

The first step in our iterative process is designing. When designing, we consider the **amount of time** we have and the **cost to make the product**. This will help us to **balance aesthetics and functionality**.

*For example when designing a healthy snack, we need to think about the time it would take to get the ingredients and the time to make it. We also need to think about the cost of our ingredients involved. We need to consider these as we design.*

*Recap what aesthetics and functionality mean from last module.*

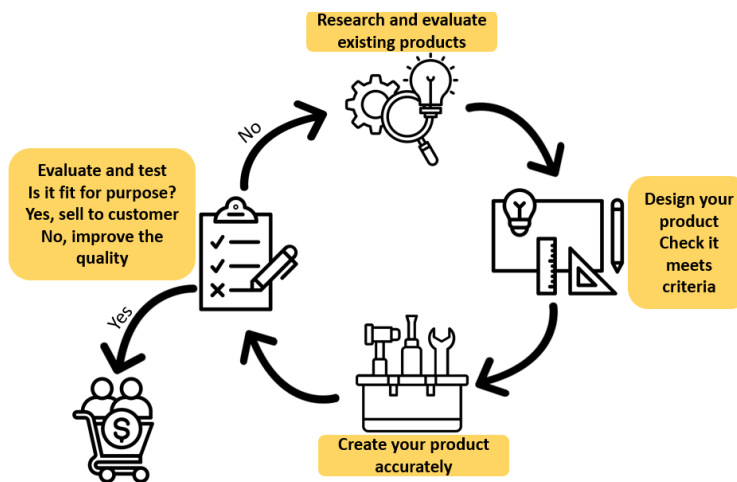


## Section 5 – testing and iterative processes

**Testing and iterative processes will help to finish the product to a high standard of functionality and aesthetics.**

After making a product, designers will re-evaluate and make the necessary changes to improve their product. They will then re-make their product to improve its quality. This also applies when cooking. Often, chefs we test their food and make changes to their ingredients to improve the taste.

**What is the iterative process?** To create a **quality** product, after evaluating and testing, designers will re-view and re-design their products.



## Section 6 – Quality

**Quality can be measured in terms of the manufacture of the product.**

Quality is an essential measure that ensures a product or service meets standards set by either the producers (chefs) or the customers.

Manufacture means how your product was made and the outcome of that process.

Once you have made a product (meal), it is important to think about the quality. When cooking, the quality can be measured by taste, texture, size, appearance and consistency.

