

## Nutrients

- A **balanced diet** involves eating the right amount of nutrients for your body to function
- Not eating enough of a nutrient means you have an unbalanced diet, and this can lead to a **deficiency**

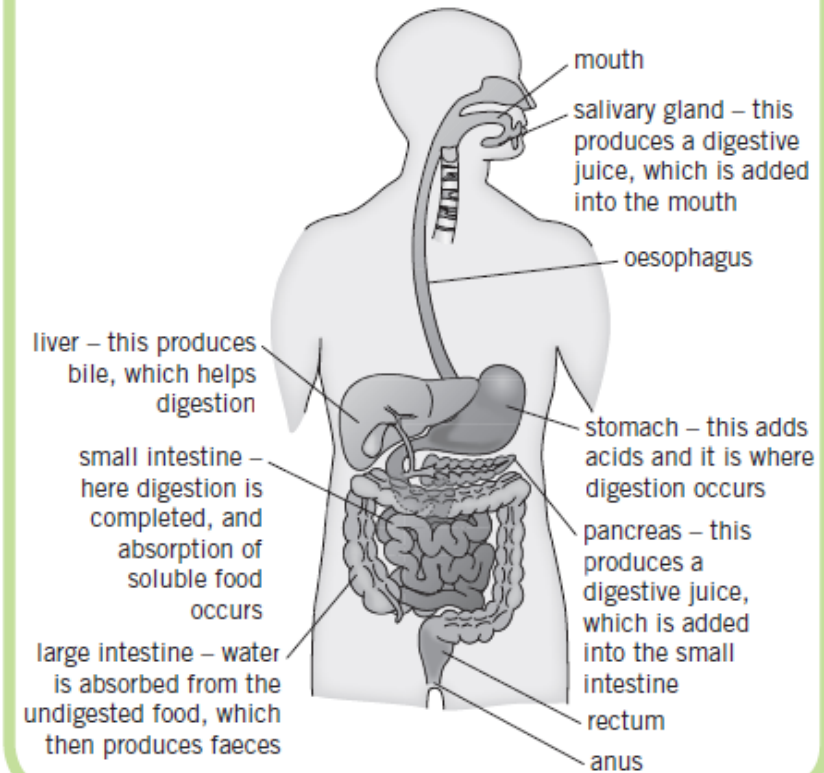
Nutrient	Role in your body
carbohydrates	main source of energy
lipids	fats and oils provide energy
proteins	growth and repair of cells and tissues
vitamins and minerals	essential in small amounts to keep you healthy
water	needed in all cells and body fluids
fibre	provides bulk to food to keep it moving through the gut

## Enzymes

- Enzymes** are biological **catalysts**, they speed up the digestion of **nutrients**
  - Each enzyme is specific to each nutrient
  - The way the enzyme and nutrient bind with each other is called a **lock and key model**
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- Carbohydrases** break **carbohydrates** down into simple sugars
  - Proteases** break **proteins** down into amino acids
  - Lipase** breaks **lipids** (fats) down into fatty acids and glycerol



## The digestive system



### Key terms

Make sure you can write definitions for these key terms.

Amylase Balanced diet Benedict reagent  
 Carbohydrase Carbohydrate Catalyst Deficiency  
 Enzyme Fibre Glucose Iodine Lipid Lipase Mineral  
 Nutrient Protease Protein Vitamin

**Activate**  
 Question • Progress • Succeed

**B3**

**Animal Nutrition**  
 Knowledge organiser

## Food tests

### Starch Test

Drop iodine solution onto the food

