

AQA Knowledge test Unit 1 Biology

B1.1 Keeping healthy

B1.1.1 Diet and exercise

1. Complete the table to describe the uses of groups:

Nutrient group	Needed for
Carbohydrate	energy for life processes
Fats	energy for life processes: fats to make cell membranes: insulate bodies
Proteins	growth and repair - building cells: energy for life processes
Vitamins and Minerals	needed in small amounts for healthy functioning of the body

2. What is meant by the term "malnourished"?

If your diet is not **BALANCED**.

3. What are some of the effects of not having a balanced diet?

A person can become over/underweight or suffer from a deficiency disease.

4. What happens to a persons if the energy in is not balanced with the energy out?

If there is **LESS** energy in a person becomes underweight.

If there **MORE** energy in than out a person becomes **OVERWEIGHT** or **OBESE**.

5. What is metabolic rate and what affects it?

Rate that chemical reactions occur in cells - affected by age, gender and level of activity.

6. What is cholesterol?

Cholesterol is made in the liver and is needed for healthy cell membranes.

7. Describe the differences between good and bad cholesterol.

Bad Cholesterol (Low density lipoproteins -LDL) Carry cholesterol to cells, high levels of LDLs cause fat to build up in the artery.

Good Cholesterol (High density lipoproteins -HDL) Carry cholesterol back to liver, helps prevent cholesterol building up.

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