

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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Table of Contents Pixl Practice Papers B1 Aqa

1. Understanding the eBook Pixl Practice Papers B1 Aqa
 - The Rise of Digital Reading Pixl Practice Papers B1 Aqa
 - Advantages of eBooks Over Traditional Books
2. Identifying Pixl Practice Papers B1 Aqa
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pixl Practice Papers B1 Aqa
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pixl Practice Papers B1 Aqa
 - Personalized Recommendations
 - Pixl Practice Papers B1 Aqa User Reviews and Ratings
 - Pixl Practice Papers B1 Aqa and Bestseller Lists

5. Accessing Pixl Practice Papers B1 Aqa Free and Paid eBooks
 - Pixl Practice Papers B1 Aqa Public Domain eBooks
 - Pixl Practice Papers B1 Aqa eBook Subscription Services
 - Pixl Practice Papers B1 Aqa Budget-Friendly Options
6. Navigating Pixl Practice Papers B1 Aqa eBook Formats
 - ePub, PDF, MOBI, and More
 - Pixl Practice Papers B1 Aqa Compatibility with Devices
 - Pixl Practice Papers B1 Aqa Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pixl Practice Papers B1 Aqa
 - Highlighting and Note-Taking Pixl Practice Papers B1 Aqa
 - Interactive Elements Pixl Practice Papers B1 Aqa
8. Staying Engaged with Pixl Practice Papers B1 Aqa
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pixl Practice Papers B1 Aqa
9. Balancing eBooks and Physical Books Pixl Practice Papers B1 Aqa
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pixl Practice Papers B1 Aqa
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pixl Practice Papers B1 Aqa
 - Setting Reading Goals Pixl Practice Papers B1 Aqa
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pixl Practice Papers B1 Aqa
 - Fact-Checking eBook Content of Pixl Practice Papers B1 Aqa
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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