**Homework Menu Grid**

Complete some of the tasks from the grid below to reach a total of points over this unit of work. Try and cover a variety of tasks over the unit so that you’re practising different skills. Once you’ve completed a task, colour that box on the grid to keep a record of your points. Can you get the highest point score this unit?

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| **Topic** | **1 Point** | **2 Points** | **4 Points** | **6 Points** | **10 Points** |
| **Nutrients, diets and energy** | Describe the components of a healthy diet | Create a pie chart that breaks down the components of a healthy diet with clear explanations of what is in each food group | Explain why pirates needed to take lemons and limes with them on a long voyage | Explain how to convert a calorie into a Joule. Write 10 practice questions and answers showing this conversion | Research and design a meal plan for a body builder who wants to build more muscle |
| **The Digestive system** | Define the term digestive system | Write a story from the perspective of your favorite food, explaining how it passes through the digestive system  | Draw out and label your own digestive system  | Research the career Gastroenterologist. Create a summary of their job and what it entails | Create a 3D model of the digestive system including labels  |
| **Enzymes** | Define the term enzyme. Give 3 examples of enzymesss | Explain how enzymes break down substances in full sentences. Include diagrams in your answer.  | Explain how an enzyme is made within a cell  | Draw a step by step cartoon strip of how substrates are broken up by enzymes  | Research the lock and key. Create a 3D model of the lock and key theory |
| **Digestive bacteria** | Draw out and label a bacteria cell | Create 3 flashcards explaining why bacteria are important for digestion | Create a model of an enzyme and substrate explaining how they work | Research how to change your gut flora. Create a news article explaining this to a non-scientist | Research the bacteria ***lactobacillus*.** Create 5 flashcards on this bacterium including where it is found, what it does and why it is useful to humans |
| **Food tests** | Name the 5 food groups and the reagents that are used to test for the food groups | Create a tweet (150 characters) summarizing why food tests are important for allergies | Research a food technician. Create a summary of their job and what it entails | Create a step by step comic strip explaining how to test for Carbohydrates, lipids, proteins and sugars  | Research the safety hazards in each food test and what the hazards are. Draw out on a poster the hazards and how they can be avoided. Include as much information as you can  |
| **Drugs** | Define the key terms:DrugMedicinal DrugRecreational Drug | Create a list of commonly found medicinal and recreational drugs  | Create an awareness poster of the effects of smoking on pregnant women  | Tobacco is more addictive and more dangerous than some illegal drugs. Research the hazards of smoking tobacco. Write an argument for your viewpoint on this | Research how drug laws are enforced in the UK, especially by the police. Create a news article explaining a summary on the UK’s drug laws |

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