

Form 2 2020 – 2021 Term 1 Course Outline (Online Structure)

Unit	Topic	Textbook Chapter
01	Diet and Health	<ul style="list-style-type: none"> • Food groups • A Balanced diet • Diet, activity and age • The digestive system 1 • The digestive system 2 • The process of digestion • Food tests-starch and simple sugars • Food tests –proteins and fats • Energy values in food • Body Mass index • Weight gain and loss • Fat or Thin • Health and diet
02	Human body systems: the circulatory system	<ul style="list-style-type: none"> • Structure of the circulatory system • The heart • Arteries, veins and capillaries • Components of blood • Pulse rate • Effect of exercise on pulse rate • Health and the circulatory system
03	Human body systems: The respiratory system	<ul style="list-style-type: none"> • Structure of the respiratory system • Gas exchange in the lungs • How you breathe • Respiration in cells • Breathing rate • Exercise and breathing rate • The effects of smoking