

AQA Knowledge PowerPoint

Unit 1 Biology 1 B1.1 Keeping healthy

A combination of a balanced diet and regular exercise is needed to help keep the body healthy. Our bodies provide an excellent environment for many microbes which can make us ill once they are inside us. Our bodies need to stop most microbes getting in and deal with any microbes which do get in. Vaccination can be used to prevent infection.

- **B1.1.1 Diet and exercise** - no Higher Tier content.
- **B1.1.2 How our bodies defend themselves against infectious diseases** - Higher Tier candidates should understand that:
 - antibiotics kill individual pathogens of the non-resistant strain
 - individual resistant pathogens survive and reproduce, so the population of the resistant strain increases
 - now, antibiotics are no longer used to treat non-serious infections, such as mild throat infections, so that the rate of development of resistant strains is slowed down.

B1.1.1 Diet and exercise

The eatwell plate



A healthy **BALANCED** diet contains the right balance of the different nutrients from foods you need and the right amount of energy. Mineral ions (e.g. iron, calcium) and vitamins (e.g. A, C, D) are needed in small amounts for healthy functioning of the body. If your diet is not **BALANCED** a person can become **MALNOURISHED** (e.g. over/underweight or suffer from a deficiency disease).

Energy out



Energy in

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

By exercising regularly a person can increase their metabolic rate, reduce their ~~The amount of energy that a~~ **person takes in** (gets from their food) needs to be the same as the **energy they use** or they can become **UNHEALTHY**.

| group | |
|---------------|-------------------------------------------------------------------------|
| Carbohydrates | energy for life processes |
| Fats | energy for life processes: fats to make cell membranes: insulate bodies |

Cholesterol levels in the blood can affect health. Cholesterol is **made in the liver** and **is needed for healthy cell membranes**.
Two types:

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