

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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Ian Pickup



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Table of Contents Pixl Science Papers B1

1. Understanding the eBook Pixl Science Papers B1
 - The Rise of Digital Reading Pixl Science Papers B1
 - Advantages of eBooks Over Traditional Books
2. Identifying Pixl Science Papers B1
 - 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 Science Papers B1
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pixl Science Papers B1
 - Personalized Recommendations
 - Pixl Science Papers B1 User Reviews and Ratings
 - Pixl Science Papers B1 and Bestseller Lists

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