

B1 Diet and Drugs Revision Sheet

| Diet | |
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| 1. What do we call a diet which has the correct balance of different foods and the right amount of energy for the body's needs? | Balanced |
| 2. Name 3 food groups needed for energy and to build cells | Carbohydrates, protein, fat |
| 3. Name 2 food groups needed in small amounts for a healthy body | Vitamins and minerals |
| 4. What word is used to describe someone whose diet is not balanced? | Malnourished |
| 5. What happens if someone's diet contains more energy than they use? | Overweight/ gain mass |
| 6. What happens if someone's diet contains less energy than they use? | Underweight/ lose mass |
| 7. Name the type of disease caused by not enough of a food group | Deficiency disease |
| 8. What condition can be caused by too much sugar in the diet? | Type 2 diabetes |
| 9. What does exercise do to the amount of energy used by the body? | Increases it |
| 10. What do we call the rate at which chemical reactions in the cells are carried out? | Metabolic rate |
| 11. List 3 factors which can increase metabolic rate | <ol style="list-style-type: none"> 1. More exercise 2. Higher proportion of muscle to fat 3. Inherited factors |
| 12. Give an example of an inherited factor which affects health | Cholesterol level |
| Drugs | |
| 1. List 3 things we test drugs for | <ol style="list-style-type: none"> 1. Toxicity (are they harmful?) 2. Efficacy (do they work?) 3. Dose (how much do you need?) |
| 2. List 3 ways of testing drugs before they are tested on humans | <ol style="list-style-type: none"> 1. Cells 2. Tissues 3. Live animals |
| 3. Who are clinical trials done on? | Humans |
| 4. What do we call a 'pretend drug' which doesn't contain the drug? | Placebo |

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| 5. What is a double blind drug trial? | When the doctors and the patients don't know if they are getting the real drug or placebo |
| 6. What do statins treat? | Heart and circulatory disease |
| 7. What was thalidomide first used as? | Sleeping pill |
| 8. Why was thalidomide given to pregnant women? | To treat morning sickness |
| 9. What happened when thalidomide was given to pregnant women? | Babies had short limbs |
| 10. What is thalidomide used to treat today? | Leprosy |
| 11. What do we call a drug which is taken for fun? | Recreational |
| 12. What do we call a drug which the doctor tells you to take? | Prescribed |
| 13. Name 2 legal recreational drugs | Alcohol, nicotine |
| 14. Name 3 illegal recreational drugs which many harm the heart and circulatory system | Ecstasy, cannabis, heroin |
| 15. What type of illness might cannabis cause? | Mental |
| 16. Do legal or illegal drugs have more impact on health? Why? | Legal, because more people use them |
| 17. Why do people get addicted to drugs? | They change the body chemistry |
| 18. What type of symptoms can people suffer when they stop taking drugs? | Withdrawal |
| 19. Name 2 very addictive drugs | Heroin and cocaine |
| 20. Name 2 types of performance enhancing drug | 1. Stimulants 2. Anabolic steroids |
| 21. What do stimulants do? | Increase heart rate |
| 22. What do anabolic steroids do? | Make muscles grow |