

B1 Diet and Drugs Revision Sheet

Diet	
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

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