

Kettlethorpe HIGH SCHOOL

Year 8

Knowledge Organiser Booklet

Name:

Tutor:



THINK PINK!

If you see **PINK** in your books,
make the corrections.

Capital letters

- sentence **starts**
- proper **nouns**
- the word 'I'

Commas

- to separate three or more items in **a list**
- use a **pair of commas** when you are **inserting extra information** in the middle of the sentence
 - use **after an adverbial**

Before sunrise, Zac ate his breakfast.

Apostrophes

- to show that a letter or **letters are missing**: *I'm - haven't - don't*
- to show **something belongs to something else**: *The parents' meeting lasted an hour.*

1. Have you carefully reread your work?
2. Have you checked to see if you accidentally made any mistakes?
3. Are you proud of your work?

Common mistakes

There refers to a place or idea.
Their shows belonging.
They're is short for 'they are'.

use **should have** - not 'should of'
use **could have** - not 'could of'
use **would have** - not 'would of'

Spelling

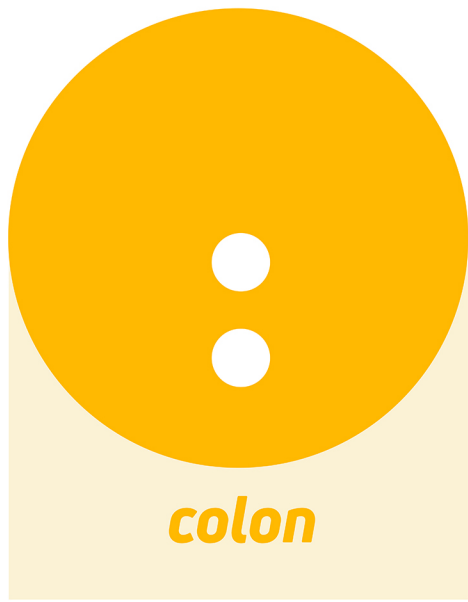
- use **the dictionary**
- make sure to use **subject specific vocabulary**

APPLY THE RULES. **B**E CONSISTENT. **C**HECK FOR ACCURACY.

WWW - Descriptive comment on what went well

EBI - Descriptive comment saying your work would be even better if

Punctuation



to introduce extra info



to link connected sentences



You only need one!



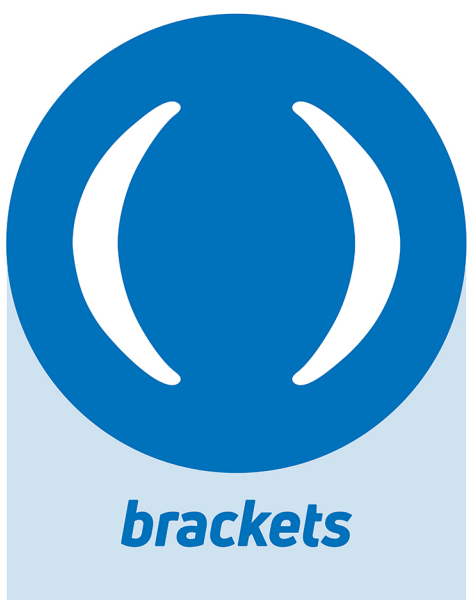
to leave a trailing thought...



to end a sentence



to add/separate information



to add extra information



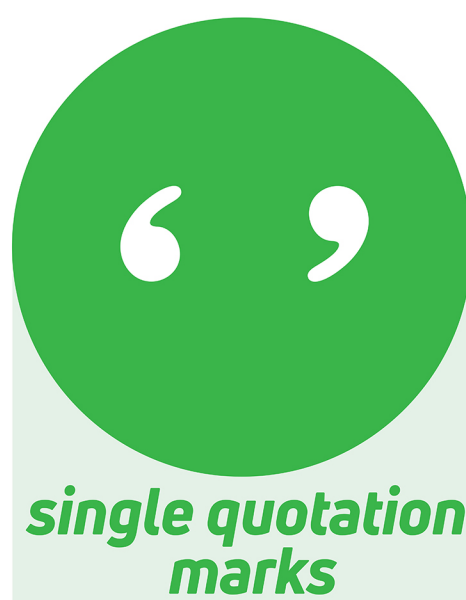
to add/separate information



for omission or possession



“Are you listening?”



to include quotes



at the end of a question

Do you know your roots?

Literacy

LASTS...

-scop-

root meaning **'to see'**

sub-

prefix meaning **'under'**

hypo-

prefix meaning **'below'**

ex-

prefix meaning **'out of'**

con-

prefix meaning **'with'**

-logy

suffix meaning **'study of'**

-graph-

root meaning **'writing'**

-bio-

root meaning **'life'**

-techn-

root meaning **'art / skill'**

micro-

prefix meaning **'small'**

-chron-

root meaning **'time'**

-phon-

root meaning **'sound'**

Functions of nutrients

What are Nutrients? Nutrients are the building blocks that make up food and have specific and important roles to play in the body. Some nutrients provide energy while others are essential for growth and maintenance of the body.

| Macro Nutrient | Role in the body | Food Example |
|----------------|--|---|
| Carbohydrate | The main source of energy for the body. | Bread, rice, pasta, potatoes |
| Protein | Provides the body with growth and repair. | Meat, poultry, beans, eggs, lentils, tofu, fish |
| Fat | Provides the body with insulation and a small amount protects vital organs. Provides essential fatty acids for the body. | Butter, oil, cheese, cream, nuts, oily fish, crisps |

| Vitamin | Role in the body | Food examples |
|---------|--|--|
| A | Helps to keep the eyes healthy and strengthen the immune system. | Dark green leafy vegetables, carrots, liver |
| B | Helps to release the energy from the food we eat. | Bread, milk, cereals, fish, meat |
| C | Help with skin healing and healthy skin. Help with the absorption of Iron. | Fresh fruit, broccoli, tomatoes |
| D | Important for absorbing calcium and help with healthy bone structure. | Oily fish, eggs, butter, Sunshine |
| Mineral | Role in the body | Food Examples |
| Calcium | Important for strong teeth and bones. It also helps with blood clotting. | Milk, yoghurt, soya, dark green leafy vegetables |
| Iron | Needed for red blood cells which help to transport oxygen around the body. | Nuts, whole grains, dark green leafy vegetables, meat, liver |



Y8 work



Special diets

Lactose intolerance. People must avoid milk, cheese butter , yogurt and processed foods that contain milk products.

Coeliac disease (gluten intolerance). People must avoid wheat, wheat products, pasta, noodles, semolina, bread, pastry, sauces, rye, barley and oats (including breakfast cereals. They can eat rice, potatoes, corn and corn products.

Nut allergy. People must avoid nuts, blended cooking oils and margarine that contains nut oils.

Diabetes. Diabetics find it difficult to control their blood sugar levels, so they need to eat starchy foods at regular intervals. They avoid foods high in sugar.

Vegans do not eat the flesh of any animal or any animal product e.g. cheese.

Lacto-vegetarians do not eat the flesh of any animal but they will eat eggs, milk, cheese, honey etc.

Muslims do not eat pork. They eat Halal meat.

Hindus do not eat beef.

Some Sikhs avoid meat and fish.

| Ethical issues logos | Description |
|----------------------|--|
| | Organic products are produced without the use of chemicals e.g. herbicides or pesticides. |
| | Fairtrade refers to a partnership between producers and consumers, meaning that farmers get with a better deal and a better income. |
| | Red Tractor is the largest food assurance scheme in the UK. It claims to ensure the food is traceable, safe to eat and has been produced responsibly |
| | Genetically modified food refers to foods, which have had their genes altered to improve the product, this is often done to increase crop yield and to cut out diseases. |
| | Vegetarians are people who do not eat meat. Vegans are much stricter and do not eat any products which come from animals e.g. meat, dairy, honey, gelatin. |
| | Sustainable fishing refers to seafood, which is fished with little impact on stocks, ecosystems and the environment. |

