

### A balanced diet

A balanced diet supplies all essential needs. If body is missing one or more components it is said to be malnourished. Energy requirements depend on age, sex, pregnancy and activity levels.

**Carbohydrates**- provide energy (bread)

**Lipids**- energy and insulation (oily fish)

**Proteins**- growth, repair and energy (meat, fish)

**Fibre**- healthy digestive system (beans)

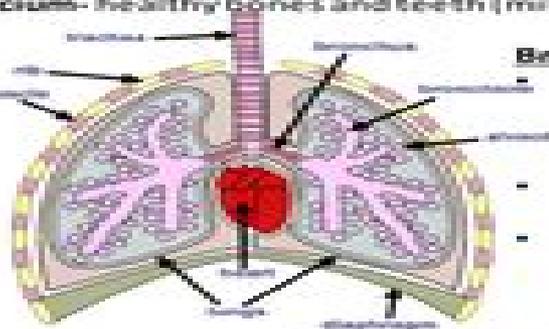
**Vit A**- improves vision (liver)

**Vit C**- prevents scurvy (oranges)

**Vit D**- for calcium absorption (eggs)

**Iron**- makes haemoglobin in the blood (red meat)

**calcium**- healthy bones and teeth (milk)

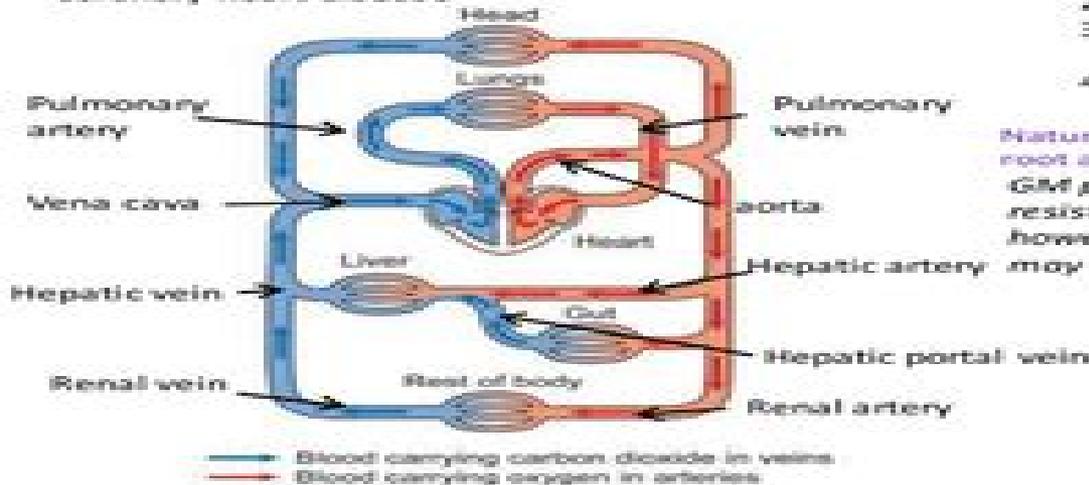


### Breathing in:

- Intercostal muscles and diaphragm contract
- Thorax volume increases
- Pressure decreases which draws air in

### Dangers of smoking

- **Tar damages cell walls**- reduces SA for gas exchange
- **Tar damages cilia**- can't keep trachea clean=chest infections
- **Tar irritates bronchi**- encourages production of mucus which cilia can't remove=smoker cough
- **Tobacco contains carcinogens**- chemical which cause cancer
- **Carbon monoxide reduces capacity of haemoglobin in blood to carry oxygen round the body**- increased heart rate and blood pressure=damaged artery walls, more blood clots, coronary heart disease



### Cloning in animals

- Take the nucleus out of an egg cell to make an enucleated cell
- Take the nucleus out of the adult body cell to make a diploid nucleus
- Insert nucleus into cell
- Fuse with an electric shock and this stimulates mitosis
- Implant into uterus of another sheep (surrogate mother)

Pros	Cons
Animals with suitable organs for transplants can be cloned	New science with possible unknown consequences
Useful genetic characteristics are always passed on	Expensive and time consuming
Farmers don't have to wait until breeding season	Embryos formed may not develop normally

### Cloning in plants (micro-propagation)

1. Take explants
2. Sterilise to kill microorganisms
3. Grow in vitro (petri dishes containing nutrient medium)
4. Explant divide and grow into small plants, which are then planted like normal plants

Naturally: Parent plant sends out runners which takes root at various points and new plants grow

GMF plants can improve food production as are resistant to insects or herbicides that kill weeds, however weeds may become resistant too, they may affect food chains and human health

Artery	thick, elastic wall small lumen	
Vein	thin wall large lumen	
Capillary	single cell wall	

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**Ying-Ying Zheng**



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