



I Can Statement - Year 7 : Digestion

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Unit/Topic Overview	Pre-taught Vocabulary	
Digestion is the process where your body breaks down large, insoluble food into tiny, soluble molecules that your blood can absorb for energy. It uses mechanical digestion like chewing in the mouth and churning in the stomach, alongside chemical digestion using biological chemicals called enzymes. Food travels down a one-way path: from the mouth, down the oesophagus, and into the stomach where acid helps break down proteins. Next, the small intestine uses enzymes to finish breaking down carbohydrates, proteins, and fats, absorbing nutrients, before the large intestine reabsorbs water from the remaining waste.	Mouth	Enzyme
	Oesophagus	Rectum
	Stomach	Digestion
	Small intestine	Saliva
	Large intestine	Nutrients

RAG Rating:		Start	End
1.	I can correctly label the main organs of the digestive system (mouth, esophagus, stomach, small/large intestine, liver, pancreas).		
2.	I can describe the journey of a "piece of food" through the body in the correct chronological order.		
3.	I can match at least five organs to their specific primary function (e.g., the large intestine's role in water absorption).		
4.	I can distinguish between mechanical digestion (teeth/stomach churning) and chemical digestion (enzymes/acid).		
5.	I can identify the three main enzymes (amylase, protease, lipase) and the specific food groups they break down.		
6.	I can accurately interpret the results of food tests (e.g., Iodine for starch, Benedict's for sugar).		
7.	I can identify the "optimum" conditions for digestion, given a graph of enzyme activity vs. pH or temperature.		
8.	I can link a specific nutrient deficiency (e.g., lack of fiber) to a digestive outcome (e.g., constipation).		
9.	I can correctly label the main organs of the digestive system (mouth, oesophagus, stomach, small/large intestine, liver, pancreas).		
10.	I can correctly label the main organs of the digestive system (mouth, oesophagus, stomach, small/large intestine, liver, pancreas).		