

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)

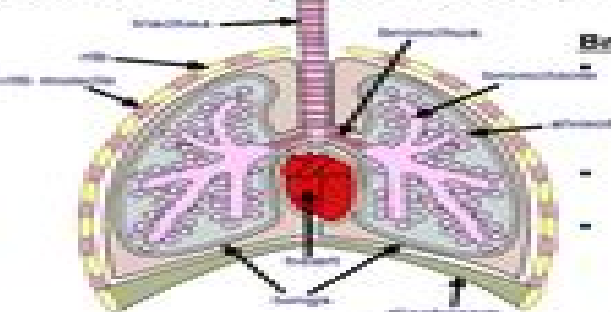
Vit A- improves vision (liver)

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)



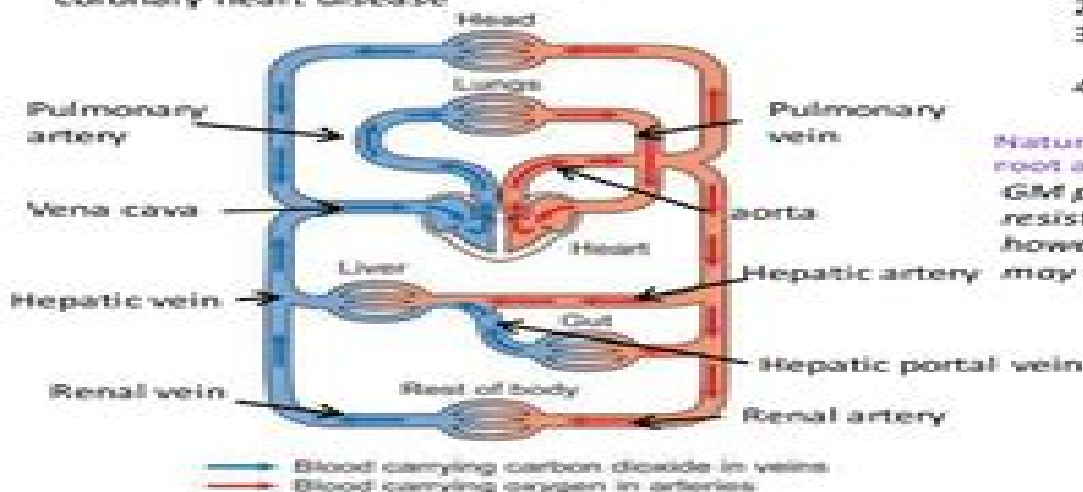
Breathing in:

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's 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 (micropropagation)

- Take explants
- Sterilise to kill microorganisms
- Grow in vitro (petri dishes containing nutrient medium)
- 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

GMP 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 valves
Capillary	single cell wall

Igcse Biology Revision Notes

Dawson



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Table of Contents Igcse Biology Revision Notes

1. Understanding the eBook Igcse Biology Revision Notes
 - The Rise of Digital Reading Igcse Biology Revision Notes
 - Advantages of eBooks Over Traditional Books
2. Identifying Igcse Biology Revision Notes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Igcse Biology Revision Notes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Igcse Biology Revision Notes
 - Personalized Recommendations

- Igcse Biology Revision Notes User Reviews and Ratings
- Igcse Biology Revision Notes and Bestseller Lists
- 5. Accessing Igcse Biology Revision Notes Free and Paid eBooks
 - Igcse Biology Revision Notes Public Domain eBooks
 - Igcse Biology Revision Notes eBook Subscription Services
 - Igcse Biology Revision Notes Budget-Friendly Options
- 6. Navigating Igcse Biology Revision Notes eBook Formats
 - ePub, PDF, MOBI, and More
 - Igcse Biology Revision Notes Compatibility with Devices
 - Igcse Biology Revision Notes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Igcse Biology Revision Notes
 - Highlighting and Note-Taking Igcse Biology Revision Notes
 - Interactive Elements Igcse Biology Revision Notes
- 8. Staying Engaged with Igcse Biology Revision Notes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Igcse Biology Revision Notes
- 9. Balancing eBooks and Physical Books Igcse Biology Revision Notes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Igcse Biology Revision Notes
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Igcse Biology Revision Notes
 - Setting Reading Goals Igcse Biology Revision Notes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Igcse Biology Revision Notes
 - Fact-Checking eBook Content of Igcse Biology Revision Notes

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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