



Aspire Achieve Thrive

Term 1 - Autumn Term

# Triple Science

Year 11

Name: \_\_\_\_\_

Tutor: \_\_\_\_\_

## Year 11 Homework Timetable

<b>Monday</b>	English Task 1	Ebacc Option A Task 1	Option C Task 1	
<b>Tuesday</b>	Sparx Science	Option B Task 1	Modern Britain Task 1	
<b>Wednesday</b>	Sparx Maths	Science Task 1	Option C Task 2	
<b>Thursday</b>	Ebacc Option A Task 2	Sparx Science	Option B Task 2	Sparx Maths
<b>Friday</b>	Modern Britain Task 2	Science Task 2	English Task 2	

**Sparx Science - Reach 100% each week before Friday 4pm**

**Sparx Maths - Reach 100% each week before Friday 4pm**

Option A (EBACC)
French
Geography
History

Open B
Art
Business Studies
Catering
Computer Science
History
Health & Social Care
Music
Sport
IT

Open C
Business Studies
Childcare
Catering
Drama
Geography
Health & Social Care
Triple Science
Sport

## Year 11 - Homework Plan Science

Week/Date	Homework Task 1	Homework Task 2	Homework Task 3
Week 2 DATE: 11/9/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 3 DATE: 18/9/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 4 DATE: 25/9/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 5 DATE: 2/10/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 6 DATE: 9/10/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 7 DATE: 16/10/23	Complete 1 page of retrieval quizzing RAG rate the questions	Complete the exam question.  Fill the remainder of the page	Complete the exam question.  Fill the remainder of the page

	Answer the questions on Sparx Science	with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 8 DATE: 30/10/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 9 DATE: 6/11/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 10 DATE: 13/11/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 11 DATE: 20/11/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 12 DATE: 27/11/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 13	Complete 1 page of	Complete the exam question.	Complete the exam question.

DATE: 4/12/23	retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 14 DATE: 11/12/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science
Week 15 DATE: 18/12/23	Complete 1 page of retrieval quizzing RAG rate the questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science	Complete the exam question.  Fill the remainder of the page with retrieval quizzing on your Red and Amber questions  Answer the questions on Sparx Science

## WEEK 2 Questions (Cover and quiz) - Cells

Question	Answer
What are the differences between eukaryote and prokaryote cells?	Prokaryotes do not contain a nucleus, whereas eukaryotes do. Prokaryotes have cell walls, whereas eukaryotes do not.
Name the 5 common features of a plant and animal cell	Cell membrane, Cytoplasm, nucleus, mitochondria, ribosomes
State the 3 organelles that a plant cell contains and an animal cell does not	Chloroplasts, vacuole, cell wall
What is the function of the nucleus?	Contains DNA
What is the function of the cell membrane?	To controls the movement of substances in and out of the cell
What is the function of the cytoplasm?	Contains all the organelles and is where most chemical reactions takes place
What is the function of the mitochondria?	Site of respiration where energy is released
What is the function of the ribosomes?	The site of protein synthesis, where proteins are made
What is the function of the permanent vacuole?	Contains water and cell sap
What is the function of the chloroplasts?	Site of photosynthesis (contains chlorophyll)
What material makes up the cell walls?	Cellulose
What is a specialised cell?	A cell that has specific features or adaptations to perform a particular job
Describe how a sperm cell is adapted to carry out its function	Flagellum- for movement Many mitochondria- for respiration to release energy to swim to the egg Acrosome- to digest the egg surface
Describe how a muscle cell is adapted to carry out its function	Many mitochondria for respiration to release energy for muscle contraction
Describe how a root hair cell is adapted to carry out its function	Hairs/projections - To increase the surface area to absorb more water/nutrients No chloroplasts- not needed (doesn't photosynthesise)
Describe how a nerve cell is adapted to carry out its function	Long axon- to carry messages long distances Many dendrites to make many connections
Describe how a xylem cell is adapted to carry out its function	Dead, hollow cells that form a tube. Lignin for strength and to withstand water pressure
Describe how a phloem cell is adapted to carry out its function	Live cell, contains sieve plates to distribute sugar evenly throughout the plant
Describe how a red blood cell is adapted to carry out its function	No nucleus and a biconcave dip to carry more haemoglobin which binds to oxygen
What is cell differentiation?	When a cell becomes a specialised cell

## Questions (Cover and quiz) - Atomic Structure

What is an atom?	The smallest part of an element
What is meant by an element?	A substance made of only one type of atom
What is meant by a compound?	A substance made of two or more different atoms chemically bonded together
What is meant by a molecule?	A substance made of more than one atom chemically bonded together (can be atoms of the same type!)
What is meant by a mixture?	A substance made of more than one thing not chemically bonded together
Describe the plum pudding model of the atom.	A ball of positive charge with negative electrons studded into it
State the findings of the gold foil experiment.	That atoms have dense nucleuses with a positive charge
State the names of the three subatomic particles.	Protons, neutrons, electrons
State the masses of the subatomic particles.	Protons: 1, neutrons: 1, electrons: 0
State the relative charges of the subatomic particles	Protons: +1, neutrons: 0, electrons: -1
Describe how the subatomic particles are arranged in an atom.	Protons and neutrons in the nucleus, electrons orbiting in shells
Define the atomic number of an atom.	The number of protons in an atom
Define the mass number of an atom.	The number of protons + the number of neutrons in an atom
Describe how you would calculate the number of neutrons in an atom.	Mass number - atomic number
Explain how the electrons are arranged in atoms.	Orbiting the nucleus in shells
How many electrons can go in the first shell?	2
How many electrons can go in the second and third shells?	8
State what the groups tell you about the electrons in an atom	How many electrons in the outer shell. E.g. carbon is in group 4 so has 4 electrons in the outer shell
Explain what the periodic table tells you about the electrons in an atom	How many shells an atom has. E.g. carbon is in the second period so has two shells
Explain why Mendeleev put some elements in groups.	Because they had similar chemical properties (e.g. they reacted violently with water)
Explain why Mendeleev left gaps in his periodic table.	For elements that had not been discovered yet
What is an ion?	An atom which has lost or gained an electron
In terms of electrons, what do group 1 elements have in common?	1 electron in the outer shell
In terms of electrons, what do group 7 elements have in common?	7 electrons in the outer shell
In terms of electrons, what do group 0 elements have in common?	Full outer shell

Date: \_\_\_\_\_

## Week 2 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

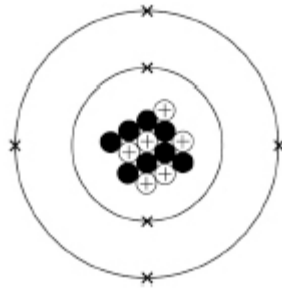
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**Date:** \_\_\_\_\_

**Week 2 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

### Figure 1



Describe the atomic structure of this carbon atom. You should include the number of electrons, neutrons and protons. (6)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Improvement Work: Describe the atomic structure of this carbon atom. You should include the number of electrons, neutrons and protons. (6)

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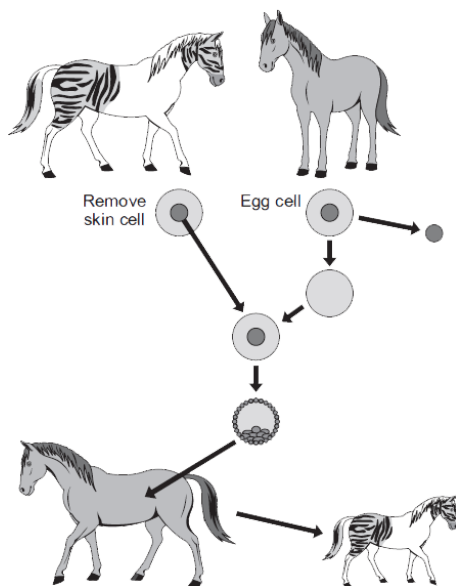
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**Date:** \_\_\_\_\_

**Week 2 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**



Use information from the diagram and your own knowledge to describe how adult cell cloning could be used to clone a zorse (6)

[illegible]

Improvement Work: Use information from the diagram and your own knowledge to describe how adult cell cloning could be used to clone a zorse (6)

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## WEEK 3 Questions (Cover and quiz) - Particle Model

Question	Answer
What is the definition of density?	The mass per unit volume of a material.
What is the word equation linking density, mass & volume?	density = mass / volume
What is the word equation linking density, mass & volume?	$\rho = m / V$
What is the SI unit for mass?	kilogram
What is the SI unit for volume?	metres cubed (metre x metre x metre)
What is the SI unit for density?	kilogram per metre cubed
What equipment is used to find the volume of an irregularly shaped object?	Displacement can
How do you use a displacement can to measure volume?	Can filled with water, beaker placed under the spout of the can. The object is carefully placed into the displacement can. It forces water out of the spout, equal to its volume. The water can be measured with a measuring cylinder.
Which state of matter has the highest density of atoms?	Solid
Which state of matter has the lowest density of atoms?	Gas
Which states of matter are classes as fluids?	Liquids and gases; any which behave as a liquid.
What can you say about the particle arrangement of a solid?	Tightly packed/close together, fixed lattice, vibrate, strong bonds between particles.
What can you say about the particle arrangement of a liquid?	Close together, randomly arranged, free to move, some bonds between particles.
What can you say about the particle arrangement of a gas?	No regular arrangement, particles are far apart, can move freely, no bonds between particles.
How does a change of state differ from a chemical change?	The material can return to having its previous properties if the change is reversed.
What is sublimation?	When a solid changes into a gas without passing through a liquid state.
What is evaporation?	When a liquid changes into a gas state.
What is the opposite of evaporation?	Condensation, when a gas changes into a liquid state.
When water boils in an open pan, why does the mass of the pan of water appear to decrease?	The evaporated water escapes from the pan. However, the mass of the whole system remains constant.
What are the processes involved when a bathroom mirror mists up?	Hot water evaporates to form water vapour. The water vapour lands on the cooler mirror. The vapour condenses and returns to liquid state on the mirror's surface.
What is the internal energy of a substance?	The total energy stored by the particles. The sum of the total kinetic and potential energies that make up the system.
How does heating affect the energy of a substance?	Heating transfers energy to the substance It increases the energy of the particles that make up the substance.
What two things can heating a substance do?	Raise the temperature, change the state of the substance.

## Questions (Cover and quiz) - Infection and Response

What is the term for a microorganism that causes a disease?	A pathogen.
What are the four main pathogens?	Bacteria, virus, fungi and protists.
Which pathogen is a tiny single celled organism.	A protist.
Which type of pathogen is a section of DNA within a protein coat that divides by invading cells?	A virus.
How can pathogens be spread?	Direct contact, air, water, vectors.
Which group of microorganisms includes mushrooms and moulds?	Fungi.
How can you prevent the spread of disease in humans	Good hygiene, destroying vectors and vaccination
Which virus can interfere with your body's ability to fight disease?	HIV.
How does tobacco mosaic virus harm the plant?	It reduces photosynthesis and so growth.
What disease is caused by a parasite transmitted by mosquitoes?	Malaria.
What type of pathogen causes malaria?	Protist.
How is HIV spread?	Sexual contact, exchange of body fluids, sharing needles.
Which part of the body does the HIV virus attack?	The immune system.
How do viruses make you feel ill?	They reproduce rapidly and invade and damage cells.
How do bacteria make you feel ill?	They reproduce rapidly and produce toxins.
Which virus causes a mosaic pattern on the leaves of plants.	Tobacco mosaic virus.
What is an antigen?	The unique proteins on the surface of cells.
Why do you get ill when you first meet a new pathogen?	There is a delay while your body identifies which antibody is needed.
How do antibiotics cure bacterial diseases?	They destroy the bacterial pathogens inside the body.
How do white blood cells defend the body from pathogens?	They engulf them, make antitoxins and make antibodies.
How do the bronchi and trachea prevent microorganisms from entering the body?	They produce mucus to trap pathogens and contain cilia to move the mucus to the back of the throat.
Give three reasons why experimental drugs are tested on animals.	To find out how they work in a whole living organism, to gain information about possible doses, and to predict how the drugs might behave in humans.
What are high doses of an experimental drug used to test for?	To find the optimum dosage for the drug.
What are low doses of an experimental drug used to test for?	To test for possible side effects.
Why do antibiotics not work against viruses?	Viruses reproduce inside cells, so it is difficult to produce drugs that destroy the virus without damaging the cell.
What are memory cells?	White blood cells that 'remember' the right antibody used to destroy a particular pathogen.

Date: \_\_\_\_\_

**Week 3 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

[illegible]

**Date:** \_\_\_\_\_

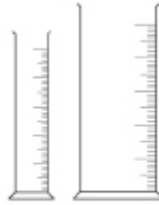
**Week 3 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**



Limestone



Displacement can



## Measuring cylinders



Beaker

Describe a method the student could use to determine the volume of the piece of limestone. (4)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe a method the student could use to determine the volume of the piece of limestone. (4)

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**Date:** \_\_\_\_\_

**Week 3 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

A person with late stage HIV infection has AIDS.

Scientists have produced monoclonal antibodies for HIV.

The monoclonal antibodies can prevent a person infected with HIV developing AIDS.

Describe how the monoclonal antibody for HIV can be produced (4)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe how the monoclonal antibody for HIV can be produced (4)

[illegible]

## WEEK 4 Questions (Cover and quiz) - Bonding

Question	Answer
What type of ion do group 2 elements form?	2+ ions
What is a monomer?	a molecule that can be bonded to other identical molecules to form a polymer.
Describe the structure of graphene.	A single layer of graphite, formed of carbon atoms each bonded to three other carbon atoms
Describe the structure of a polymer	A polymer is composed of many simple molecules that are repeating structural units called monomers.
What is an ionic bond?	Bonding between a metal and a non metal involves transfer of electrons
What is covalent bonding?	Bonding between a nonmetal and a non metal involves sharing of electrons
Which element is both diamond and graphite made from?	Carbon
Describe the structure of diamond	Giant covalent lattice
Describe the structure of carbon dioxide.	Simple covalent molecule
Describe the structure of copper.	Giant metallic lattice with delocalised electrons.
Why is the ball and stick model not an accurate representation of the structure of an ionic compound?	Does not accurately depict the millions of ions in the lattice. The ions should touch each other/ there are no gaps between the ions
What are the large cage-like structures and tubes, based on hexagonal rings of carbon atoms called?	Fullerenes
What are the uses of fullerenes?	Fullerenes may be used for drug delivery systems in the body, in lubricants and as catalysts
What are the properties of graphite?	High melting point, soft, rubs off in layers, conducts electricity
What is the attraction between the individual molecules in a covalently bonded substance called?	Intermolecular forces
What bonding occurs between metals and non-metals?	Ionic
What type of bonding involves electron transfer?	Ionic
What type of bonding occurs if electrons are shared?	Covalent
What type of bond is an electrostatic force of attraction between positively and negatively charged ions?	Ionic bond
What happens when an ionic bond is formed?	One atom loses electrons to another atom to form oppositely charged ions that attract each other.
Why do atoms form ions?	To get a full outer shell / become more stable
Explain why group 1 elements like sodium and lithium form a 1+ ion.	They both have one electron in their outer shell and lose it to become stable.
What charge do calcium, oxide and chloride ions have?	Ca <sup>2+</sup> , O <sup>2-</sup> and Cl <sup>-</sup>
What structure of regularly repeating ions do ionic compounds form?	Lattice structure
What is the formula of the nitrate ion?	NO <sup>3-</sup>
What is the charge on the ions of elements in group 6 of the periodic table?	-2
What is the name of the ionic compound containing calcium and bromine only?	Calcium bromide
What is the name of the ionic compound containing potassium, chlorine and oxygen?	Potassium chlorate
How many more electrons does an oxygen atom need to get a complete outer shell?	2



## Questions (Cover and quiz) - Forces

What is a scalar quantity?	A quantity that only has a magnitude A quantity that isn't direction dependent
What is a vector quantity?	A quantity that has both a magnitude and direction.
How can a vector quantity be drawn and what does it show?	As an arrow, the length of the arrow represents the magnitude, the arrow points in the associated direction.
What are the two categories that all forces can be split into?	Contact forces & non-contact forces
Give three examples of contact forces.	Friction, Air resistance, Drag, Tension, Reaction
Give three examples of non-contact forces.	Gravitational forces, Electrostatic, Magnetic
Is force a vector or a scalar quantity?	Vector, it has both magnitude & direction
Give three examples of vector quantities.	Velocity, displacement, force, momentum
Give three examples of scalar quantities	Temperature, Time, Mass, Speed, Distance, Energy, Pressure
What is weight?	The force that acts on an object due to gravity and the object's mass.
What is the relationship between gravitational field strength, mass and weight?	Weight = mass x gravitational field strength
What are the units of weight?	Newtons (N)
What are the units of mass?	kilograms (kg)
What are the units of gravitational field strength?	Newtons / kilogram (N/kg)
What is the value of the gravitational field strength on the earth's surface?	9.81 N/kg
Is the gravitational field strength on the surface of the moon likely to be larger or smaller than on the earth's surface? Explain your answer.	Smaller. The Moon has lower mass than Earth's so its gravity is weaker.

Date: \_\_\_\_\_

## Week 4 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

[illegible]

**Date:** \_\_\_\_\_

**Week 4 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Gold is a metal. Describe the structure of a metal. (3)

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

Improvement Work: Gold is a metal. Describe the structure of a metal. (3)

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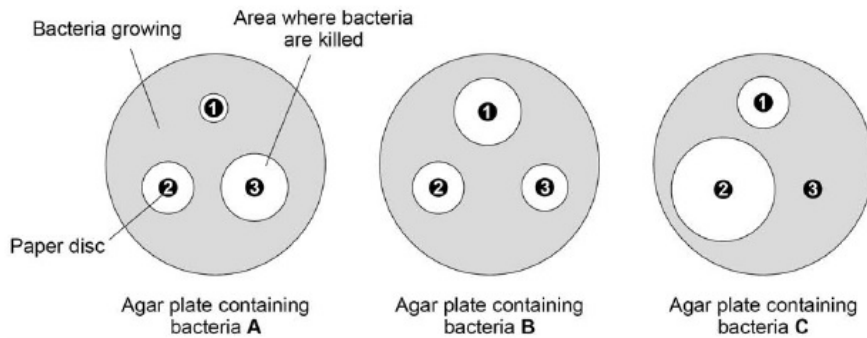
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**Date:** \_\_\_\_\_

**Week 4 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

### Figure 1



Compare the effectiveness of the three antibiotics at killing the different types of bacteria (6)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Compare the effectiveness of the three antibiotics at killing the different types of bacteria (6)

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## WEEK 5 Questions (Cover and quiz) - Ecology

Question	Answer
Define the keyword classification.	The organisation of living things into groups according to their similarities.
Who devised the traditional classification of living things into groups depending on their structure and characteristics?	Carl Linnaeus.
What are the seven groups used in Carl Linnaeus' classification system?	Kingdom, phylum, class, order, family, genus and species
Which two groups in the Linnaean classification system are used in the binomial naming system?	Genus and species.
What two developments lead to a change in the classification system?	Improvements in microscopes and understanding of biochemical processes.
How did the improvement of microscopes lead to new models of classification?	Evidence from internal structures became more developed.
Evidence from what type of analysis led to the development of the three-domain classification system?	Chemical analysis.
Who developed the three-domain system of classification?	Carl Woese.
What are the domains in Carl Woese's classification system?	Archaea (primitive bacteria usually living in extreme environments), Bacteria (true bacteria), Eukaryota (which includes protists, fungi, plants and animals)
What type of organisms are in the group archaea?	Primitive bacteria that usually live in extreme environments.
What type of organisms are in the group eukaryota?	Protists, fungi, plants and animals.
What do evolutionary trees show?	How scientists believe organisms are related.
What evidence is used to devise evolutionary trees?	They use current classification data for living organisms and fossil data for extinct organisms.
What is an ecosystem?	The interaction of a community of living organisms (biotic) with the non-living (abiotic) parts of their environment.
What do organisms get from their ecosystem?	A supply of materials from their surroundings and from the other living organisms there.
What do plants compete for?	Light and space, water and mineral ions from the soil.
What do animals compete for?	Food, mates and territory.
What is a community?	The different populations living in an area.
What is a population?	All the members of the same species living in an area.
What is a stable community?	A community where all the species and environmental factors are in balance so that population sizes remain fairly constant.
What do different species in a community depend on each other for?	Food, shelter, pollination, seed dispersal etc.
What keyword describes living factors in an ecosystem?	Biotic factors.
What keyword describes non-living factors in an ecosystem?	Abiotic factors.
What type of factors are light intensity, temperature, soil pH?	Abiotic factors.
What type of factors are food, new predators, new pathogens	Biotic factors.

## Questions (Cover and quiz) - Using Resources

Name a method of mining low yield ores using plants.	Phytomining
Water that is safe to drink is called.	Potable
Bioleaching uses bacteria to make leachate solutions that contain metal compounds. Describe two ways the metals can be extracted from these solutions.	Displacement using scrap iron / Electrolysis
Describe two ways that humans use the Earth's natural resources.	warmth / shelter / food / transport / generating electricity
Explain what the term finite means and give an example of a finite resource.	A resource which is used up faster than it is made. Crude oil.
Give two of the points from the life cycle assessment (LCA) of a <b>paper</b> bag.	Made by pulping timber / generates a lot of waste / high energy demand for production / usually only used once / can be recycled / biodegradable.
Give two of the points from the life cycle assessment (LCA) of a <b>plastic</b> bag.	Made from material obtained from crude oil by fractional distillation, then cracking and polymerisation / High energy demand in processing / little waste / can be reused easily / can be recycled / not biodegradable
How can potable water be produced?	Filtering and sterilisation / Desalination by distillation / Desalination by reverse osmosis.
How is phytomining used to extract metals from ores?	Uses plants to absorb metal compounds from soil; the plants are harvested and burned; this produces ash that contains metal compounds.
How is most potable water in the UK produced?	Source water passed through sedimentation tanks / filtered / sterilised with chlorine
How is wastewater from houses and farming treated before being released into rivers/lakes?	Filtered to remove large particles; left to settle - Sediment / Sludge is anaerobically broken down to make methane gas / organic compounds in effluent is broken down by aerobic respiration.
What are the four stages in a life cycle assessment (LCA)?	1. Extracting and processing raw materials 2. Manufacturing and packaging 3. Use and operation during its lifetime 4. Disposal at the end of its useful life.
What areas of life cycle assessments can be easily quantified?	water usage, resources used, energy sources and production of some wastes.
What is bioleaching?	Uses bacteria to make a leachate that contains metal compounds.
What does LCA stand for?	Life Cycle Assessment
What is a life cycle assessment?	An evaluation of the environmental impact a product has over its lifetime.
What is meant by the term sustainable development?	The development that meets the needs of current generations without compromising the ability of future generations to meet their own
What needs to be removed from industrial waste water?	Organic matter and harmful chemicals.
What two methods can be used for the desalination of salty water?	Distillation / Reverse osmosis.
What type of ores can phytomining and bioleaching be used on?	Low-grade ores (ores with low metal concentrations)
Why do we need to recycle some resources?	Some resources are finite and need to be conserved / less energy will be required for recycling
Why is potable water not described as pure water by scientists?	It contains dissolved substances.

Date: \_\_\_\_\_

### Week 5 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

[illegible]

**Date:** \_\_\_\_\_

**Week 5 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Carl Woese developed the 'three-domain system' of classification. Describe the 'three-domain system' of classification. (3)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Carl Woese developed the 'three-domain system' of classification. Describe the 'three-domain system' of classification. (3)

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Date: \_\_\_\_\_

**Week 5 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Plan an investigation to show how the concentration of the sodium thiosulfate solution affects the rate of the reaction with dilute hydrochloric acid. (6)

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

Improvement Work: Plan an investigation to show how the concentration of the sodium thiosulfate solution affects the rate of the reaction with dilute hydrochloric acid. (6)

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## WEEK 6 Questions (Cover and quiz) - Electricity

Question	Answer
What is the definition of current?	The rate of flow of electrical charge, i.e. how much charge flows every second.
What is the relationship between charge current and time?	$Q = I \times t$
What is the SI unit for Charge	Coulombs
What is the SI unit for current	Ampere
What is the SI unit for time	seconds
What can be said about the value of current at any point in a series circuit?	Current is the same at all points in a closed loop.
What is the equation linking potential difference, charge and energy (or work done)?	$V = E / Q$ or $V = W / Q$
What is the SI unit for potential difference?	Volts
What is the SI unit for resistance?	Ohms
What equation should be used to calculate potential difference if current and resistance are known?	$V = I \times R$
What is an ohmic conductor?	A conductor for which current and potential difference are directly proportional. Resistance remains constant as current changes.
State the condition required for resistance to remain constant, for an ohmic conductor?	Temperature must be constant
List four components for which resistance is not constant as current changes?	Filament lamp, diode, Thermistor, LDR
What happens to the resistance of a filament lamp as the temperature increases?	Resistance increases
Why does the resistance of a filament lamp increase as temperature increases?	Ions in metal have more energy, so vibrate more, causing more collisions with electrons as they flow through the metal, this leads to a greater resistance to current flow.
What is different about current flow through a diode?	The current only flows in one direction. Resistance is very high in the other direction, preventing current flow
What happens to the resistance of a thermistor as temperature increases?	The thermistor's resistance decreases.
Give two examples of when a thermistor may be used.	In a thermostat, to turn on a heater below a certain temperature. In a freezer to turn on a cooler when the temperature becomes too high.
What happens to the resistance of a LDR as light intensity decreases?	The LDR's resistance increases.

## Questions (Cover and quiz) - Infection and Response

What is meant by the efficacy of a drug?	A measure of how effective a drug is.
What is meant by the toxicity of a drug?	A measure of how toxic a drug is.
What is a placebo?	A substance that does not contain the drug.
What is a double blind trial?	A trial in which patients with the target disease are given either the new medicine or a placebo. Neither the doctor nor the patients know who has received which until the end of the trial.
What type of medication contains inactive or dead viruses to help develop immunity to a disease?	A vaccine.
Who discovered penicillin?	Alexander Fleming.
What's the difference between antibiotics and antiseptics?	Antibiotics destroy bacteria in the body, while antiseptics destroy microorganisms in the environment.
What type of drugs kill bacteria?	Antibiotics.
What do white blood cells make in response to a vaccination?	Antibodies.
What are new medical drugs tested on in preclinical trials?	Cells, tissues and live animals.
What is a common starting point for the synthesis of new drugs?	Chemicals extracted from plants.
What is introduced into your body in a vaccination?	Dead or inactive forms of the pathogen.
What are the stages involved in testing and trialling new drugs?	Drug discovery, preclinical trials, clinical trials, drug licensing.
What are new medical drugs extensively tested for?	Efficacy, toxicity and dosage.
What are new medical drugs tested on in clinical trials?	Healthy volunteers and patient volunteers.
What key word describes when a large proportion of a population is immune and the spread of a pathogen is reduced?	Herd immunity.
How does the skin prevent microorganisms from entering the body?	It acts as a barrier, produces antimicrobial secretions and is covered in a layer of microorganisms that act as an extra barrier.
How does your nose prevent microorganisms from entering the body?	It contains hair and mucus that traps pathogens.
How does the stomach prevent microorganisms from entering the body?	It produces acid.
What are antibodies?	Proteins made by white blood cells to destroy pathogens (both bacteria and viruses).
Why is an active drug often used as a placebo instead of a sugar pill?	So the patient is not deprived of treatment while taking part in the trial.
What are antibiotic resistant bacteria?	Strains of bacteria that are no longer able to be destroyed by antibiotics.
What is immunity?	The ability of your white blood cells to produce the right antibodies quickly as a result of memory cells.
What is meant by the dosage of a drug?	The quantity of the drug given.

**Date:** \_\_\_\_\_

### Week 6 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

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**Date:** \_\_\_\_\_

**Week 6 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Gonorrhoea is a bacterial disease. A new vaccine is being developed against gonorrhoea. Describe how a vaccine would work to prevent gonorrhoea. (4)

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Improvement Work: Describe how a vaccine would work to prevent gonorrhoea. (4)

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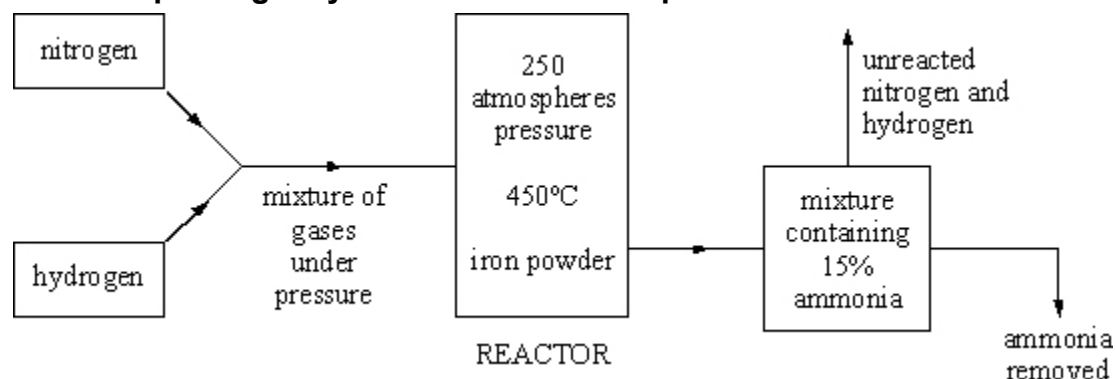
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Date: \_\_\_\_\_

**Week 6 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**



Ammonia is manufactured from nitrogen and hydrogen in the Haber Process. The diagram shows some details of the manufacturing process.

Explain, as fully as you can, why

- the yield of ammonia decreases with increase in temperature,
- despite this fact, a comparatively high temperature of 450°C is used for the industrial process
- iron powder is added to the reactor. (4)

Improvement Work: (See question above) (4)

## WEEK 7 Questions (Cover and quiz) - Atmosphere

Question	Answer
Which elements are present in hydrocarbon molecules?	Carbon; hydrogen
What is the most abundant element in air?	Nitrogen/N <sub>2</sub>
Which gas reacts with hydrocarbons when they burn?	Oxygen/O <sub>2</sub>
Name one fossil fuel used in cars.	Petrol/diesel oil
Name a gas produced when carbon burns.	Carbon monoxide/carbon dioxide
What compound forms when hydrogen burns in air?	Water
What is the main fossil fuel in natural gas?	Methane
What is the black solid element found in soot and smoke?	Carbon
What are the products of the complete combustion of hydrocarbon fuels?	Carbon dioxide; water
Which gas is produced during incomplete combustion, but not complete combustion, of hydrocarbon fuels?	Carbon monoxide
What solid element is produced during the incomplete combustion of hydrocarbon fuels?	Carbon
Name the gas formed when acids react with metals.	Hydrogen
Name the gas formed when acids react with calcium carbonate.	Carbon dioxide
Which common compound of carbon and oxygen is thought to have been an abundant gas in Earth's early atmosphere?	Carbon dioxide
What are the names of the Earth's two nearest neighbouring planets?	Venus and Mars
Name the biological process that increases oxygen levels and reduces carbon dioxide levels in the atmosphere.	Photosynthesis
What geological feature of a planet's surface can give out large amounts of hot gas?	Volcano
Name the physical process that describes changing a vapour into liquid.	Condensation
What type of reaction occurs when a metal gains oxygen?	Oxidation
How old do scientists think the Earth is: 4.5 billion years, 4.5 million years or 450000 years?	4.5 billion years
What sort of rocks are formed from layers of deposited material?	Sedimentary rocks
Which gaseous element forms most of the Earth's atmosphere today?	Nitrogen
Titan is an icy moon of Saturn. What is ice made of?	Water
Where were the gases that formed the Earth's early atmosphere released from?	Volcanoes
What two compounds are thought to have formed most of the Earth's early atmosphere?	Water, carbon dioxide
What is the chemical test for carbon dioxide?	Turns limewater milky/cloudy

## Questions (Cover and quiz) - Particle Model

What three factors determine the temperature change of a system?	Mass of substance being heated, type of material, energy inputted into the system
What is the equation used to calculate the temperature change when a substance is heated?	Energy supplied = mass x specific heat capacity x temperature change
Define specific heat capacity.	The amount of energy needed to increase the temperature of 1kg of a substance by 1 degree celsius.
What is the unit of specific heat capacity?	J/kg °C
How does the internal energy and temperature of a substance change when a change of state occurs?	Internal energy will increase/decrease temperature will remain constant
Define specific latent heat	The amount of energy needed to change the state of 1kg of a substance with no change in temperature.
State the equation for energy required to change state?	Energy absorbed = mass x specific latent heat
What is the specific latent heat of fusion?	Energy required to change 1kg of a substance for solid to liquid, without change in temperature.
What is the specific latent heat of vaporisation?	Energy required to change 1kg of a substance from liquid to gas, without change in temperature.
Describe the motion of molecules in a gas.	They are in constant random motion.
What factors affect the average kinetic energy of gas molecules?	Temperature of the substance; the higher the temperature the higher the average kinetic energy of the molecules.
What effect does increasing temperature have on the pressure of a gas when held at constant volume.	Pressure of the gas will increase as the temperature increases.
Why does pressure increase as temperature increases (at a constant volume)?	KE of molecules increases, frequency of collisions between molecule/surface increases, greater force and therefore pressure.
If gas A is at low pressure, and gas B is at high pressure, what can be said about the rate of collisions in each gas?	There are more collisions per second in gas B than in gas A. The rate of collisions is higher in B.
Describe the force that the pressure of a gas exerts on the walls of its container.	The net force acts at right angles to the container's surface. The force increases as pressure increases.
What is the unit used for pressure?	Newtons per metres squared or Pascals
What increases when you do work on a gas?	The internal energy of the gas, this can also lead to an increase of temperature.
Why does the temperature of air inside a bike pump increase when it is pumped?	Work is done on a gas when it is compressed. Doing work on a gas increases its internal energy. So KE of molecules increases. Temperature increases.
State the relationship between area, force and pressure	Pressure = force / area
Particles in which state have the highest energy?	Gas
In which state of matter are the particles closest together?	Solid
Which type of energy do particles obtain when heated?	Kinetic
How is evaporation different from boiling?	Evaporation occurs at any temperature; boiling happens only at boiling point.
What piece of equipment do you use to measure an object's mass?	Top pan balance
Name the equipment used to measure liquid volume?	Measuring cylinder
Why are gases compressible?	The particles in gases are spaced far apart, so there is space for the particles to move closer.
What is the SI unit for latent heat?	Joule per kilogram

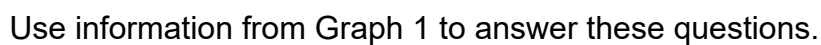


Date: \_\_\_\_\_

## Week 7 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

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**Week 7 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**



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**Week 7 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Another method of extracting copper from low-grade ores is bioleaching.

A solution of copper sulfate ( $\text{CuSO}_4$ ) produced by bioleaching has a concentration of  $0.319 \text{ g/dm}^3$

Relative atomic masses ( $A_r$ ): Cu = 63.5 O = 16 S = 32

Calculate the number of moles of copper that can be produced from 1 dm<sup>3</sup> of this solution (3)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Calculate the number of moles of copper that can be produced from 1 dm<sup>3</sup> of this solution (3)

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## WEEK 8 Questions (Cover and quiz) - Bioenergetics

Question	Answer
How many hours each day do plants respire?	24 hours.
Write the balanced symbol equation for photosynthesis	$6\text{CO}_2 + 6\text{H}_2\text{O} \rightarrow \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$
How does carbon dioxide concentration affect photosynthesis?	As carbon dioxide levels increase the rate of photosynthesis increases.
How does light intensity affect photosynthesis?	As light level increases the rate of photosynthesis increases.
If starch is present what colour does iodine turn?	Blue-black.
What is the chemical formula for glucose?	$\text{C}_6\text{H}_{12}\text{O}_6$
Write the word equation for photosynthesis	Carbon dioxide + Water $\rightarrow$ Glucose + Oxygen
What are the reactants of photosynthesis?	Carbon dioxide and Water.
What substance causes plants to be green?	Chlorophyll.
What type of reaction is photosynthesis?	Endothermic.
Plants often use lipids as an energy store for seeds, why do seeds need this?	For respiration as the plant germinates before it can photosynthesise.
Why do leaves have veins?	For water to be brought to the cells via the Xylem and products of photosynthesis to be removed via the phloem.
What are the products of photosynthesis?	Glucose and Oxygen.
What product of photosynthesis do plants use to respire?	Glucose.
Where do plants that live in nitrate-poor soil (e.g. Venus flytraps or sundews) get their nutrients from?	Insects they catch.
Name the four limiting factors for photosynthesis	Light intensity / Temperature / Carbon dioxide concentration / chlorophyll levels in the leaves.
What is the limiting factor for photosynthesis at night?	Light levels.
During photosynthesis energy is transferred from the environment to the chloroplast by?	Light.
What is the main energy store in plants?	Starch.
How does temperature affect photosynthesis?	The rate of photosynthesis increases as the temperature reaches about 37°C. Above 40°C the rate of photosynthesis decreases rapidly.
Why do leaves contain chlorophyll in chloroplasts?	To absorb light for photosynthesis.
Why do leaves have air spaces?	To allow carbon dioxide to diffuse into the cells and oxygen out of the cells.
Why are most leaves thin?	To decrease the distance gases need to diffuse.
Why are most leaves broad	To increase the surface areas for light to fall on.
Why do leaves have guard cells?	To open and close the stomata in order to regulate gas exchange.
When is starch used in plants?	When it is dark or low light levels starch is converted back to glucose.

## Questions (Cover and quiz) - Chemical Analysis

In paper chromatography which phase is the paper?	Stationary phase
Is mineral water chemically pure?	No (contains dissolved substances)
What does R <sub>f</sub> stand for?	Retention factor
What is the mobile phase in a chromatography experiment?	The solvent.
What is a pure substance?	A single element or compound, not mixed with any other substance
What is an impure substance?	A mixture of elements and /or compounds
What is chromatography?	Patterns of spots made by substances tested by chromatography
What is chromatography?	A technique where mixtures can be separated and identified based on their interactions with a mobile phase (solvent) and a stationary phase (chromatography paper)
How can chromatography be used to determine if a compound is pure or not?	A pure substance will produce one spot on the chromatogram
How can melting point be used to determine if a compound is pure or not?	A pure substance will have a small melting point range
What is the distance the solvent travels up the stationary phase called?	Solvent front
What is the process where small amounts of dissolved substances are separated by running a solvent along a material such as absorbent paper?	Chromatography
Which substance is purest? A melts between 123-125°C; B melts between 112-119°C	A is the purer substance
Why are mixtures much easier to separate than compounds?	Substances in mixtures are not chemically bonded
What is the formula used to calculate R <sub>f</sub> values?	$R_f = \text{distance travelled by substance} / \text{distance travelled by solvent}$

**Date:** \_\_\_\_\_

**Week 8 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

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**Date:** \_\_\_\_\_

**Week 8 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Plan a chromatography experiment to investigate the colours in an ink. (6)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Plan a chromatography experiment to investigate the colours in an ink. (6)

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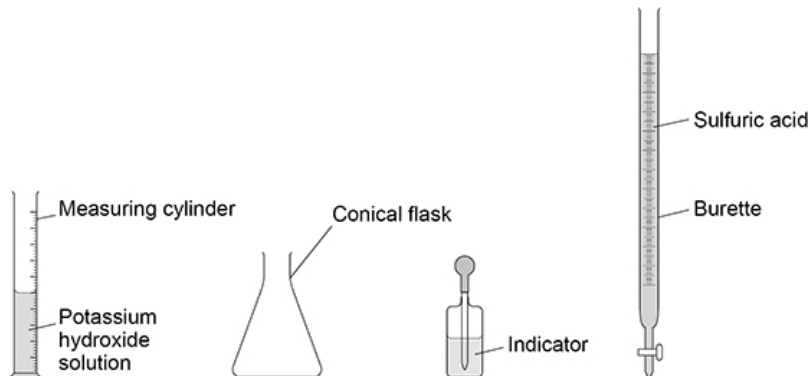
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Date: \_\_\_\_\_

**Week 8 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**



Describe how the student would use the equipment in the figure above to complete the titration (5)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe how the student would use the equipment in the figure above to complete the titration (5)

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## WEEK 9 Questions (Cover and quiz) - Atomic Structure

Question	Answer
Give an approximate size of the radius of an atom.	$1 \times 10^{10}$ metres
What are the three subatomic constituents of an atom?	Proton, Neutron, Electron
Where is the most mass of an atom concentrated?	In the nucleus
Approximately what proportion of the total radius of an atom is the radius of the nucleus?	1/10,000
Describe the arrangement of protons, neutrons and electrons in an atom.	Protons and neutrons are in the atom's nucleus. Electrons are in discrete energy levels around the nucleus.
What charge does the nucleus of an atom have? Why?	Positive charge. Nucleus contains protons & neutrons. Protons have a positive charge, neutrons have no charge.
What charge does a proton have?	Positive / +1
What charge does a neutron have?	Neutral / 0
What charge does an electron have?	Negative / -1
Give two ways that an atom's electron arrangement can be changed.	Absorbing EM radiation, emitting EM radiation
How does an atom's electron arrangement change when it absorbs EM radiation.	Electrons move further away from the nucleus. They move to a higher energy level.
How does an atom's electron arrangement change when it emits EM radiation?	Electrons move closer to the nucleus. They move to a lower energy level.
How does the ratio of electrons to protons in an atom result in the atom having no overall charge.	Number of protons is equal to the number of electrons. Protons and electrons have equal and opposite charges, so charge cancels.
What do all forms of the same element have in common?	They all have the same number of protons.
What is the name given to the number of protons in an atom?	Atomic number
What is an atom's mass number?	The total number of protons and neutrons in an atom.
What is an isotope of an atom?	An atom of an element that has a different number of neutrons, but the same number of protons.
What may lead to a scientific model being changed or replaced?	Discovery of new experimental evidence which doesn't agree with the existing theory.
How did the plum-pudding model describe the atom?	A ball of positive charge, with negatively charged electrons distributed evenly throughout it.
Prior to the discovery of the electron what was believed about the atom?	The atom was believed to be indivisible.
Which experiment led to the plum-pudding model being discarded?	Rutherford's alpha-scattering experiment / gold foil experiment
Rutherford was the first scientist to suggest the existence of the ...	Nucleus
What were the conclusions of the alpha-scattering experiment?	Most of the mass of the atom is concentrated at the centre in the nucleus. The nucleus is positively charged.
What reinforces a scientific theory?	When experimental results agree with the hypothesised theoretical calculations and theories.
What did James Chadwick's experiments on the atom prove?	The existence of neutrons

## Questions (Cover and quiz) - Cell Biology

When do most cells differentiate in an animal?	Foetal stage
When do cells differentiate in a plant?	They can differentiate at any time
In animals, what is cell differentiation used for?	Repair of damaged tissues or cells
Name two types of microscopes	Light/optical microscope Electron microscope
State 2 advantages and disadvantages of a light/optical microscope	Advantages: Portable, easy to use, see colour, inexpensive, live specimens Disadvantages: 2D, low resolution, low magnification
State 2 advantages and disadvantages of an electron microscope	Advantage: 3D images, high magnification, high resolution Disadvantage: Expensive, black and white images only, specimen must be dead
What is meant by the resolution or resolving power of a microscope?	The fineness of detail that can be seen in an image. The higher the resolution of an image, the more detail it holds. The ability to distinguish between 2 points.
How do you calculate magnification?	Magnification = Image size / Actual size
How many chromosomes does a human adult cell have?	46 or 23 pairs
What happens to the cell before it divides?	The nucleus disappears, chromosomes become short, fat and they double
What is produced during mitosis?	Genetically identical daughter cells
What is produced during meiosis?	Gametes
Why is mitosis important?	Growth, repair and maintaining the chromosome number
What do we call a cell with 2 sets of chromosomes?	Diploid
What do we call a cell with 1 set of chromosomes	Haploid
What type of cell is produced during meiosis in males and females?	Males- sperm Females- egg
Write down the definition of diffusion.	The movement of particles from an area of high concentration to an area of low concentration, down a concentration gradient
Write down the definition of osmosis.	The movement of water particles from a high water potential to a low water potential (down a concentration gradient), through a partially permeable membrane
Write down the definition of active transport.	The movement of particles against a concentration gradient, from a low concentration to a high concentration, requiring energy from respiration
State 3 substances that can move by diffusion in animal cells	Oxygen, carbon dioxide and glucose

**Date:** \_\_\_\_\_

### Week 9 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

[illegible]

**Date:** \_\_\_\_\_

**Week 9 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Cells are the basic units of all forms of life. Describe four differences between a bacterial cell and a plant cell. (4)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Cells are the basic units of all forms of life. Describe four differences between a bacterial cell and a plant cell. (4)

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**Date:** \_\_\_\_\_

**Week 9 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Over the next 10 years, more than 300 kilometres of new high voltage transmission cables are to be added to the National Grid. Most of the new cables will be suspended from pylons and run overhead while the rest will be buried underground.

Outline the advantages and disadvantages of both overhead transmission cables and underground transmission cables (6)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Outline the advantages and disadvantages of both overhead transmission cables and underground transmission cables (6)

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## WEEK 10 Cover and quiz

**Use your blue mock sheet for your retrieval practice this week.**

Date: \_\_\_\_\_

**Week 10 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

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**Date:** \_\_\_\_\_

**Week 10 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions on your blue sheet.**

White blood cells produce antibodies. This is one way white blood cells protect us against pathogens. Give two other ways that white blood cells protect us against pathogens. (2)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Give two other ways that white blood cells protect us against pathogens. (2)

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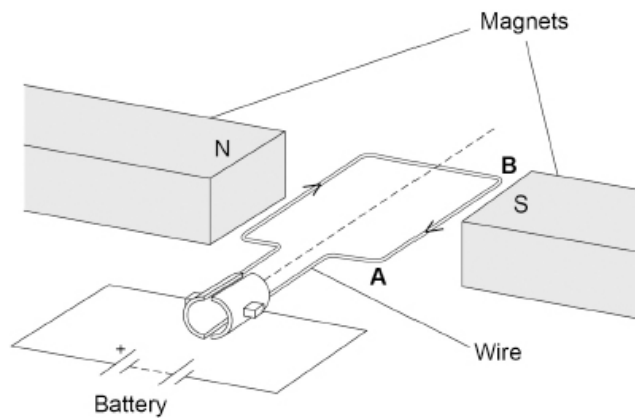
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**Date:** \_\_\_\_\_

**Week 10 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions on your blue sheet.**



The conveyor belt that moves the pieces of metal is driven by an electric motor.

Figure 3 shows a simple electric motor.

The length of the wire AB in the magnetic field is 120 mm.

There is a current of 4.0 A in the wire. The length of wire AB experiences a force of 0.36 N.

Calculate the magnetic flux density between the magnets.

Give the unit. (5)

[illegible]

Improvement Work: Calculate the magnetic flux density between the magnets.

Give the unit(5)

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## Cover and quiz

**Use your blue mock sheet for your retrieval practice this week.**

Date: \_\_\_\_\_

**Week 11 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

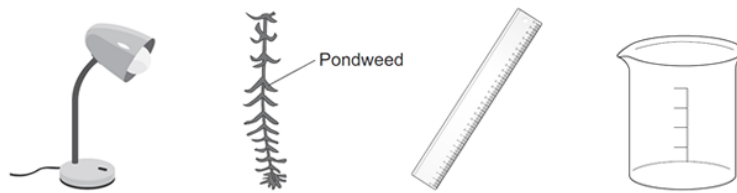
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Date: \_\_\_\_\_

**Week 11 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions on your blue sheet.**

How would you investigate the effect of light intensity on the rate of photosynthesis?

The image below shows some of the apparatus you might use. (6)



You should include details of how you would set up the apparatus and the materials you would use, the measurements you would make and how you could make this a fair test.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: How would you investigate the effect of light intensity on the rate of photosynthesis? (6)

[illegible]

**Date:** \_\_\_\_\_

**Week 11 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions on your blue sheet.**

The specific heat capacity of aluminium can be determined by experiment.

- (a) Draw a labelled diagram showing how the apparatus used to determine the specific heat capacity of aluminium should be arranged.(3)
- (b) Describe how you could use the apparatus you drew in part (a) to determine the specific heat capacity of aluminium.(6)
- (c) Methods used to determine the specific heat capacity of aluminium may give a value greater than the actual value. Explain why (2)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: See questions above

[illegible]

## WEEK 12 Questions (Cover and quiz) - Reaction Rate

Question	Answer
According to collision theory, chemical reactions can only occur...	When reacting particles collide with each other with sufficient energy.
How does a catalyst increase the rate of a reaction?	The catalyst lowers the activation energy by providing an alternative pathway for the reaction.
How does increasing the concentration of a solution increase the rate of a reaction?	There are more particles in a given volume, therefore successful collisions occur more frequently.
How does increasing the pressure of gases increase the rate of a reaction?	The particles are closer together, therefore successful collisions occur more frequently.
How does increasing the surface area of a solid cause the rate of reaction to increase?	There are more particles on the outer surface available for collisions with other reactant particles, therefore successful collisions occur more frequently.
How does increasing the temperature of a reaction increase the rate?	The particles will have more kinetic energy, so will move around faster. This increases the frequency of the collisions, therefore successful collisions occur more frequently.
If a reaction is endothermic in one direction, what is it in the other direction?	Exothermic.
If the concentration of a reactant in a reversible reaction is increased, what will happen to the amount of products?	More products will be produced; until equilibrium is reached.
What can be measured to calculate the rate of a reaction?	The mass lost in a specific amount of time / The volume of gas produced in a specific amount of time.
On a rate of reaction curve, how can you tell that the reaction has stopped?	The curve / line becomes horizontal.
On a rate of reaction curve, what does a less steep gradient tell us about a reaction?	The reaction is slower / happening at a lower rate.
On a rate of reaction curve, what does a steep gradient tell us about a reaction?	The reaction is fast / happening at a high rate.
State five factors that affect rate of reaction.	Temperature, Concentration of solution, Surface area of solids, Pressure of gases, Catalyst
What is the formula used to calculate the rate of a reaction?	Rate of reaction = Amount of reactant used / time OR Rate of reaction = Amount of product made / time
State three units which can be used for the rate of a reaction.	g/s, cm <sup>3</sup> /s, mol/s
Using Le Chatelier's principle, explain what will happen in the following reaction in equilibrium if we increase the concentration of the hydrogen and iodine? $I_2(g) + H_2(g) \rightleftharpoons 2HI(g)$ .	Equilibrium will shift to the right to oppose the increase in hydrogen and iodine. More HI will be produced
List the equipment needed to measure the volume of gas produced in a reaction.	Conical flask / test tube (to hold reactants); stopper with delivery tube; gas syringe / upturned measuring cylinder filled with water; stopwatch.
List the equipment needed to measure the change in mass of a reaction mixture when gas is released.	Beaker / conical flask (to hold reactants); cotton wool stopper (to allow gas to escape, but not drops of water); electronic balance / weighing scales; stopwatch
What can be said about the amount of energy being transferred in each direction in a reversible reaction at equilibrium?	Same amount of energy is transferred in both directions
What colour is hydrated copper sulphate?	Blue

## Questions (Cover and quiz) - Reaction Rate

At which part of a magnet are the magnetic forces strongest?	The poles of the magnet
What happens when two magnets are brought close to each other?	They exert a force on each other
What type of force is exerted if two of the same type of poles of a magnet are brought near each other?	A repulsive, non-contact force
What type of force is exerted if two unlike poles of a magnet are brought near each other?	An attractive, non-contact force
What is the difference between a permanent magnet and an induced magnet?	A permanent magnet produces its own magnetic field An induced magnet becomes magnetic when placed in a magnetic field
What type of force does induced magnetism always cause?	A force of attraction
What happens when an induced magnet is removed from a magnetic field?	The induced magnet loses most/all of its magnetism
What is a magnetic field?	The region surrounding a magnet where another magnet or magnetic material experiences a non-contact force.
Give four examples of magnetic materials	Iron, Steel, Cobalt, Nickel
What can always be said about the force between a magnet and a magnetic material?	It is always attractive
How does the strength of a magnetic field alter as you move further away from the magnet producing it?	The magnetic field strength decreases the further you move away.
In what direction does a magnetic field point?	In the direction that a north pole would experience a force if placed in the field. From north seeking pole to the south seeking pole of a magnet
What does a magnetic compass contain?	A small bar magnet that points in the direction of the Earth's magnetic field
What is produced when current flows through a conducting wire?	A magnetic field is produced around the wire
What determines the strength of the magnetic field around a current-carrying wire?	The magnitude of the current flowing through the wire The distance from the wire
What is a solenoid?	A coil of wire which when current passes through a strong magnetic field
Describe the magnetic field found inside a solenoid.	Strong and uniform
What is an electromagnet?	A solenoid with an added iron core Adding the iron core increases the strength of the magnetic field
Describe the makeup of a basic transformer.	A primary coil and a secondary coil of wire wrapped around the iron core.
Why is iron used as the core for a transformer?	It is easily magnetised
Why must the current flowing through the primary coil of a transformer be alternating?	For current to be induced in the secondary coil, the magnetic field in the core must be continuously changing. For the magnetic field to be changing, the current in the primary coil must be alternating
What can be said about the electrical power input and output of a 100% efficient transformer?	The electrical power input is equal to the electrical power output.
In which direction do the arrows on the field lines point at the north pole of a magnet?	Outwards
In which direction do the arrows on the field lines point at the south pole of the magnet?	In towards the south pole

Date: \_\_\_\_\_

**Week 12 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

[illegible]

**Date:** \_\_\_\_\_

**Week 12 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

The image shows three metal blocks. The blocks are not labelled.

One block is a permanent magnet, one is iron and one is aluminium.



Describe how another permanent magnet can be used to identify the blocks. (3)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe how another permanent magnet can be used to identify the blocks. (3)

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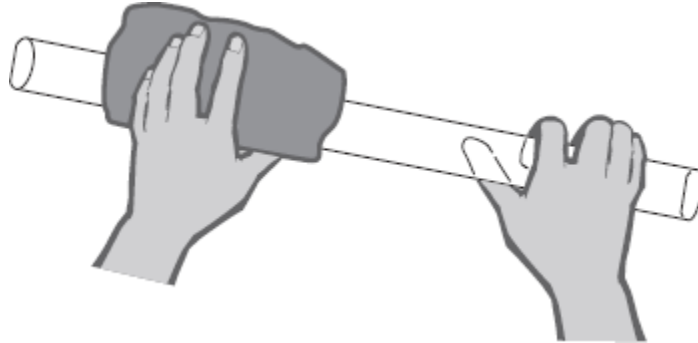
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**Date:** \_\_\_\_\_

**Week 12 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

The diagram shows a polythene rod being rubbed with a woollen cloth.



The polythene rod becomes negatively charged.

## Explain how this happens (2)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: The polythene rod becomes negatively charged. Explain how this happens (2)

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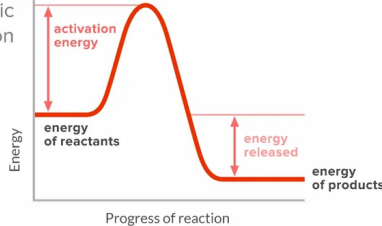
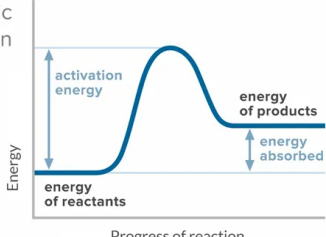
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# WEEK 13 Questions (Cover and quiz) - Energy Changes

Question	Answer
Write down the definition of an exothermic reaction.	A reaction in which energy is transferred to the surroundings.
Write down the definition of activation energy.	The minimum amount of energy that particles must have to react.
Write down the definition of an endothermic reaction.	A reaction which absorbs energy from its surroundings,
If the energy required to break bonds is greater than the energy released by making bonds, is the reaction endothermic or exothermic?	Endothermic
If the temperature of products is lower than the temperature of the reactants, is the reaction endothermic or exothermic?	Endothermic
If the energy required to break bonds is less than the energy released by making bonds, is the reaction endothermic or exothermic?	Exothermic
If the temperature of products is greater than the temperature of the reactants, is the reaction endothermic or exothermic?	Exothermic
Reaction A: Temperature at the start is 22oC, at the end 28oC. What type of reaction is this?	Exothermic
Reaction B: Temperature at the start is 22oC, at the end 14oC. What type of reaction is this?	Endothermic
How would you measure whether an endothermic reaction had occurred?	Use a thermometer. Reaction is endothermic if temperature goes down.
How would you measure whether an exothermic reaction had occurred?	Use a thermometer. Reaction is exothermic if temperature goes up.
Is the chemical reaction that takes place when baking a cake endothermic or exothermic?	Endothermic
What needs to be done to make an endothermic reaction happen?	Heat the reactants.
Is combustion endothermic or exothermic?	Exothermic
Do sports injury packs use an endothermic or exothermic reaction?	Endothermic
Do handwarmers use an endothermic or exothermic reaction?	Exothermic
Is thermal decomposition endothermic or exothermic?	Endothermic
Sketch the reaction profile for an exothermic reaction.	<p>exothermic reaction</p> 
Sketch the reaction profile for an endothermic reaction.	<p>endothermic reaction</p> 
Why do all chemical reactions require activation energy in order to take place?	Particles must have sufficient energy to collide with other particles successfully.

## Questions (Cover and quiz) - Electricity

What effect does increasing the number of cells in (series) have on the current in the circuit?	Current increases, when more cells are added in series to a circuit.
What effect does increasing the number of cells (in series) have on the current in the circuit?	Current decreases, when more cells are added in series in a circuit.
What effect does increasing the resistance of a circuit have on the current flow in the circuit?	Current decreases, when resistance of a circuit increases.
Name the instrument which can be used to measure the potential difference across a bulb in a circuit?	Voltmeter
How is the voltmeter connected to a component? In series or parallel?	Parallel, across the component for which the potential difference is being measured.
Name the instrument used to measure the current?	An ammeter, connected in series.
Write down the equation linking power, current and resistance in a circuit.	$P = I^2 \times R$
Which measurements will need to be taken to calculate the resistance of a wire?	Current and potential difference
What are the two ways of connecting electrical components in a circuit?	Series or parallel
How many paths can current take in a series circuit.	Only one path
What does the changing gradient of an I-V graph tell us about the component?	Changes to the component's resistance
Is a fixed resistor an ohmic conductor?	Yes, a fixed resistor is an ohmic conductor.
What is meant by direct current?	Current that is always in the same direction
What is the national grid?	A system of cables, transformers and power stations.
What colour is the live wire in a UK mains plug?	Brown
What colour is the earth wire in a UK plug?	Yellow/green
What colour is the neutral wire in a UK plug?	Blue
What is the voltage supply in a main socket in the UK?	230V
What is the frequency of a UK mains supply?	50 Hertz
Which wire is a fuse connected to in the mains UK plug?	Live
What is the purpose of the earth wire in a UK plug?	The earth wire provides a path of low resistance for the current to flow through in case the live wire touches the metal casing.
What is the voltage across the neutral wire in a plug?	Voltage is close to zero
What is the purpose of a fuse inside a mains plug?	Acts as a safety feature, melts if there is a current surge, thus breaking the circuit.
What is the equation using current, power & voltage?	$P = I \times V$
What do we mean by alternating potential difference?	A potential difference continuously varying between one direction and the other (positive and negative).
How can you calculate the total resistance of a set of resistors connected in series?	Total resistance is equal to the sum of the resistances of individual components.
At which stage of the national grid would you find a step-down transformer?	Between transmission cables and the consumer.
At which stage of the national grid would you find a step-up transformer?	After the generator and before the grid cables.
What does a step-up transformer do?	Increases the potential difference generated by the power station, so that electrical power can be transmitted at a higher potential.
What can happen when insulating materials are rubbed together?	They can become (statically) electrically charged.
What happens when two electrically charged objects are brought close together?	They exert a force on each other.

**Date:** \_\_\_\_\_

### Week 13 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

[illegible]

**Date:** \_\_\_\_\_

**Week 13 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Describe a method to investigate how the temperature changes when different masses of ammonium nitrate are dissolved in water. You do not need to write about safety precautions. (6)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe a method to investigate how the temperature changes when different masses of ammonium nitrate are dissolved in water. (6)

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**Date:** \_\_\_\_\_

**Week 13 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Scientists have used a satellite system to investigate the idea of generating electricity in space. As the system orbited the Earth a 20 km copper wire was reeled out.

Before the wire snapped a current of 1 amp was induced in the wire

Explain how a current is induced in the wire (3)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Explain how a current is induced in the wire (3)

[illegible]

## WEEK 14 Questions (Cover and quiz) - Ecology

Question	Answer
What is an adaptation?	A feature that enables an organism to survive in the conditions it normally lives in.
What are three different groups of adaptations?	Structural, behavioural or functional
Give examples of conditions in an extreme environment.	High temperature, high pressure, high salt concentration.
What sort of organisms live in environments with high temperatures, pressure and/or salt concentrations?	Extremophiles.
Give an example of an extremophile?	Bacteria living in deep sea vents.
What is biomass?	The amount of biological material in an organism.
What type of organisms are producers?	Photosynthetic organisms.
What do food chains represent?	Feeding relationships within a community.
What type of organism is always at the start of a food chain?	A producer
Which molecule is synthesised by green plants and algae?	Glucose.
Which process do algae and green plants use to produce biomass?	Photosynthesis.
What do primary consumers eat?	Producers.
What do secondary consumers eat?	Primary consumers.
What do tertiary consumers eat?	Secondary consumers.
What is a predator?	A consumer that eats other animals.
What keyword means 'a consumer that is eaten by another consumer'?	Prey.
How do the numbers of predators and prey vary in a stable community	They rise and fall in cycles.
Give two experimental methods used by ecologists to determine the distribution and abundance of species in an ecosystem.	Transects and quadrats.
What technique would you use to measure the abundance of a species in an ecosystem?	A quadrat.
What technique would you use to measure the distribution of a species in an ecosystem?	A transect.
What do decomposers do?	Break down waste and dead animal and plant material.
Name three materials that cycle through an ecosystem.	Carbon, nitrogen, water.
Name three processes that take place in the carbon cycle.	Respiration, photosynthesis, decomposition, combustion, feeding.
What processes are involved in the water cycle?	Evaporation and precipitation.
Describe the role of microorganisms in the carbon cycle?	They return carbon to the atmosphere as carbon dioxide and mineral ions to the soil.

## Questions (Cover and quiz) - Organic Chemistry

What type of bond (ionic, metallic or covalent) is found in simple molecules?	Covalent
What state (solid, liquid or gas) is crude oil at room temperature?	Liquid
How many shared electrons are there in a single covalent bond?	Two
Which element forms long chains in simple polymers such as poly(ethene)?	Carbon
Which type of compound only contains hydrogen and carbon atoms?	Hydrocarbon
Are 'petrochemicals' made from petrol, rock or crude oil?	Crude oil
How many years (hundreds, thousands or millions) does it take for crude oil to form?	Millions
If something is not being made any more, is it described as 'finite' or as 'non-renewable'?	Finite
How many litres of crude oil does the world use each second (180, 1800 or 180 000)?	180 000
Name the two elements found in hydrocarbons.	Carbon; Hydrogen
Name the main hydrocarbon found in natural gas.	Methane
Diesel oil is being used up faster than crude oil forms. Does this make it a finite resource or a nonrenewable one?	Non-renewable
Name the polymer formed from ethene, which comes from crude oil.	Poly(ethene)
Name the state change that occurs when a gas becomes a liquid.	Condensing /condensation
What bonds or forces exist between molecules (ionic, covalent or intermolecular)?	Intermolecular
Compared with metals, do simple molecules typically have high boiling points or low ones?	Low
Name the method used to separate a mixture of two or more liquids with different boiling points.	Fractional distillation
Crude oil is a source of feedstock. Give one other type of useful substance from crude oil.	Fuels
Is crude oil described as a finite resource or an infinite resource?	Finite
Name a non-renewable fossil fuel obtained from crude oil.	Petrol/ kerosene/ diesel oil/fuel oil
What process is used to separate crude oil into useful mixtures?	Fractional distillation
Give one use for the gases fraction from crude oil.	Domestic heating/cooking
Which fraction is more easily ignited, bitumen or kerosene?	Kerosene
Which fraction is more viscous, bitumen or kerosene?	Bitumen
Which hydrocarbons have the greater boiling points, the ones with larger molecules or the ones with smaller molecules?	Larger molecules

**Date:** \_\_\_\_\_

### Week 14 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.



**Date:** \_\_\_\_\_

**Week 14 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Describe how crude oil is separated into fractions by fractional distillation. (4)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Describe how crude oil is separated into fractions by fractional distillation. (4)

[illegible]

**Date:** \_\_\_\_\_

**Week 14 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

In 2014 the Ebola virus killed almost 8000 people in Africa.

Drug companies have developed a new drug to treat Ebola.

Explain what testing must be done before this new drug can be used to treat people (6)

[illegible]

Improvement Work: In 2014 the Ebola virus killed almost 8000 people in Africa.

Drug companies have developed a new drug to treat Ebola.

Explain what testing must be done before this new drug can be used to treat people (6)

[illegible]

## WEEK 15 Questions (Cover and quiz) - Organisation

Question	Answer
Enzymes in the stomach work best in what conditions?	Acidic.
Enzymes made in the pancreas and small intestines work best in what conditions?	Alkaline.
What are proteins broken down into?	Amino acids.
Name three digestive enzymes and what they do?	Amylase breaks down starch to sugar. Protease breaks down proteins to amino acids. Lipase breaks down fats to fatty acids and glycerol.
Which enzyme breaks starch into glucose?	Amylase.
What is the name for a biological catalyst?	An enzyme.
What does bile do?	Bile neutralises the acid added to the food in the stomach and emulsifies fats.
What food group is tested using Biuret reagent?	Proteins.
What colour does Biuret reagent turn if there are proteins?	Biuret reagent turns from blue to purple in the presence of proteins.
What is the chemical symbol for glucose?	C <sub>6</sub> H <sub>12</sub> O <sub>6</sub>
What do carbohydrates do?	Carbohydrates are used as an energy store.
What are simple sugars?	Carbohydrates that contain only one or two sugar units.
Cellulose and starch are examples of?	Complex carbohydrates.
What do fatty acids do?	Fatty acids are used as an energy store.
What does glycerol do?	Glycerol is used as an energy store.
Where is bile produced?	In the liver.
Where is amylase produced?	In the salivary glands and the pancreas.
What colour will starch turn iodine solution?	Iodine solution will change from orange-brown to blue-black when starch is present.
How is the small intestine adapted to increase absorption of soluble food molecules?	It has a large surface area as it is covered in villi, thin walls and a good blood supply.
If the bonds in a protein molecule are broken, by temperature of pH, and the protein loses its shape - what can we say about the protein?	It is denatured.
What food group is tested using ethanol?	Lipids.
Name the parts of the digestive system?	Mouth, oesophagus, stomach, liver, gallbladder, pancreas, small intestine, large intestine, anus.

## Questions (Cover and quiz) - Bioenergetics

What is the exothermic reaction in which glucose is broken down using oxygen to produce carbon dioxide and water and release energy for the cells?	Aerobic respiration.
Which type of respiration produces the most energy?	Aerobic respiration.
Which type of respiration takes place when there is oxygen present?	Aerobic respiration.
Which type of respiration takes place when there is no oxygen present?	Anaerobic respiration.
Why does your breathing rate change during exercise?	As your breathing rate increases it increases the amount of oxygen getting into your blood.
What needs to be removed from cells after aerobic respiration?	Carbon dioxide and water.
What do both types of respiration release that are useful?	Energy.
What type of reaction is aerobic respiration?	Exothermic.
What is anaerobic respiration in yeast cells also known as?	Fermentation.
What is the word equation for aerobic respiration?	Glucose + Oxygen → Carbon dioxide + Water
What is the word equation for anaerobic respiration in plants?	glucose → ethanol + carbon dioxide
What is the word equation for anaerobic respiration in humans?	glucose → lactic acid
What does the liver convert lactic acid into?	Glucose.
What carbohydrate do muscles store glucose as?	Glycogen.
Where are the enzymes needed for aerobic respiration found in cells?	Inside the mitochondria.
During exercise what happens to your breathing rate?	It increases and you breathe more deeply.
Why does your heart rate increase during exercise?	It increases the blood flow to the muscles (& around the body) and so the delivery of glucose and oxygen to the respiring cells.
What is formed during the incomplete breakdown of glucose in anaerobic respiration?	Lactic acid.
The sum of all the reactions taking place in a cell or the body of an organism is called?	Metabolism.
What is it called when your muscles stop contracting efficiently?	Muscle fatigue.
An example of a metabolic reaction is the conversion of glucose into?	Starch or glycogen or cellulose.
Which industries use anaerobic respiration in yeast?	The alcoholic drinks and bread making industries.
What is oxygen debt?	The extra oxygen needed after exercise to complete respiration of lactic acid.
Why do you breathe more deeply during exercise?	To increase the amount of oxygen being taken in with each breath and you need more energy to be released from respiration.

Date: \_\_\_\_\_

**Week 15 Task 1 - Complete 1 page of retrieval quizzing and RAG rate the questions**

[illegible]

**Date:** \_\_\_\_\_

**Week 15 Task 2 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Explain how an increase in blood flow to an athlete's muscles helps them to run. (4)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Improvement Work: Explain how an increase in blood flow to an athlete's muscles helps them to run. (4)

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**Date:** \_\_\_\_\_

**Week 15 Task 3 - Complete the exam question then fill the remainder of the page with retrieval quizzing on your Red and Amber questions.**

Describe the transport of water through a plant from the roots to the atmosphere (3)

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

Improvement Work: Describe the transport of water through a plant from the roots to the atmosphere (3)

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# Aspire (ACHIEVE) Thrive

Develop your character



Aspire Achieve Thrive