A balanced diet

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

Carbohydrates-provide energy (bread)

Lipids-energy and insulation (oily fish)

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

Fibre-healthy digestive system (beans):

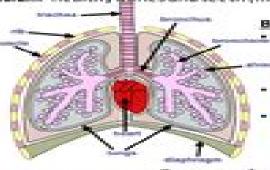
Vit A-improves vision (liver)

Vit C- prevents scurvy (oranges)

Vit D- for calcium absorption (eggs)

iron- makes haemoglobin in the blood (red meat)

calcium- healthy bones and teeth (milk)



Breathing in:

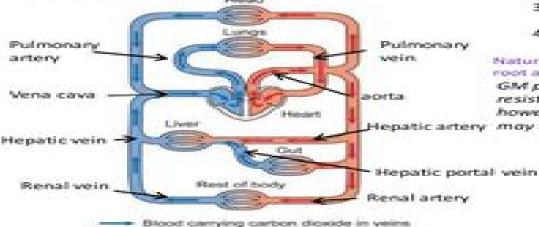
muscles and diaphram contract

Thorax volume increases

Priessure decreases which draws air in

Dangers of smoking

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



Blood carrying oxygen in arteries.



Cloning in animals

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

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

Cloning in plants (micropropagnation)

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

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

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

| Artery | Plant, classic and |
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Table of Contents Igcse Biology Ofervision Paper Notes

- 1. Understanding the eBook Igcse Biology 06revision Paper Notes
 - The Rise of Digital Reading Igcse Biology 06revision Paper Notes
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Igcse Biology Ofrevision Paper Notes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - $\circ \ \ Popular \ eBook \ Platforms$
 - \circ Features to Look for in an Igcse Biology 06revision Paper Notes
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Igcse Biology 06revision Paper Notes
 - Personalized Recommendations
 - Igcse Biology O6revision Paper Notes User Reviews and Ratings
 - Igcse Biology O6revision Paper Notes and Bestseller Lists
- 5. Accessing Igcse Biology Ofervision Paper Notes Free and Paid eBooks
 - Igcse Biology Ofrevision Paper Notes Public Domain eBooks

- Igcse Biology O6revision Paper Notes eBook Subscription Services
- o Igcse Biology O6revision Paper Notes Budget-Friendly Options
- 6. Navigating Igcse Biology Ofrevision Paper Notes eBook Formats
 - ePub, PDF, MOBI, and More
 - Igcse Biology O6revision Paper Notes Compatibility with Devices
 - Igcse Biology O6revision Paper Notes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Igcse Biology 06revision Paper Notes
 - Highlighting and Note-Taking Igcse Biology 06revision Paper Notes
 - Interactive Elements Igcse Biology Ofrevision Paper Notes
- 8. Staying Engaged with Igcse Biology Ofervision Paper Notes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Igcse Biology O6revision Paper Notes
- 9. Balancing eBooks and Physical Books Igcse Biology 06revision Paper Notes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Igcse Biology 06revision Paper Notes
- 10. Overcoming Reading Challenges
 - o Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Igcse Biology Ofervision Paper Notes
 - Setting Reading Goals Igcse Biology 06revision Paper Notes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Igcse Biology 06revision Paper Notes
 - Fact-Checking eBook Content of Igcse Biology 06revision Paper Notes
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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