

SUBJECT: SCIENCE

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Unit 7. Diet and growth

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- ✓ 7.2. A balanced diet (p.241-247)
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Unit 8. Chemical reactions

- ✓ 8.1. Exothermic reactions (p.263-268)
- ✓ 8.2. Endothermic reactions (p.269-275)

Instructions:

- 1) Students **MUST** complete the study guide before revision classes.
- 2) Students are **ALLOWED** to use calculators for problem-solving tasks.

PART 1. SCIENTIFIC TERMS

NO.	TERMS	UNITS	DEFINITIONS	VIETNAMESE TRANSLATIONS
1	anaemia	7.1		
2	mineral	7.1		
3	nutrient	7.1		
4	starch	7.1		
5	balanced diet	7.2		
6	constipation	7.2		
7	fibre	7.2		
8	embryo	7.3		
9	development	7.3		
10	particulate	7.3		
11	antagonistic muscle	7.4		
12	ball-and-socket joint	7.4		
13	hinge joint	7.4		
14	biceps	7.4		

15	triceps	7.4		
16	contraction	7.4		
17	relax	7.4		
18	exoskeleton	7.4		
19	tendon	7.4		
20	combustion	8.1		
21	dissipate	8.1		
22	fuel	8.1		
23	exothermic reaction	8.1		
24	oxidation reaction	8.1		
25	endothermic reaction	8.2		

PART 2. EXERCISES

Exercise 1. Complete the table below.

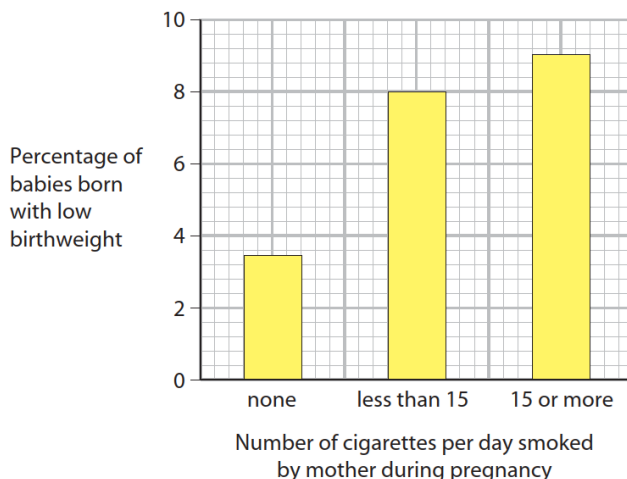
Nutrient	Examples of foods that contain a lot of this nutrient	Why the body needs this nutrient
Protein		
Carbohydrate		
Fat		
Vitamin A		
Vitamin C		
Vitamin D		
Calcium		
Iron		

Exercise 2. Answer the following questions.

1. The bar chart shows the percentages of babies with a birthweight lower than normal, born to mothers who smoked different numbers of cigarettes per day while they were pregnant.

a) What percentage of babies born to mothers who smoke have a low birthweight?

b) What percentage of babies born to non-smoking mothers that do not have a low birthweight?

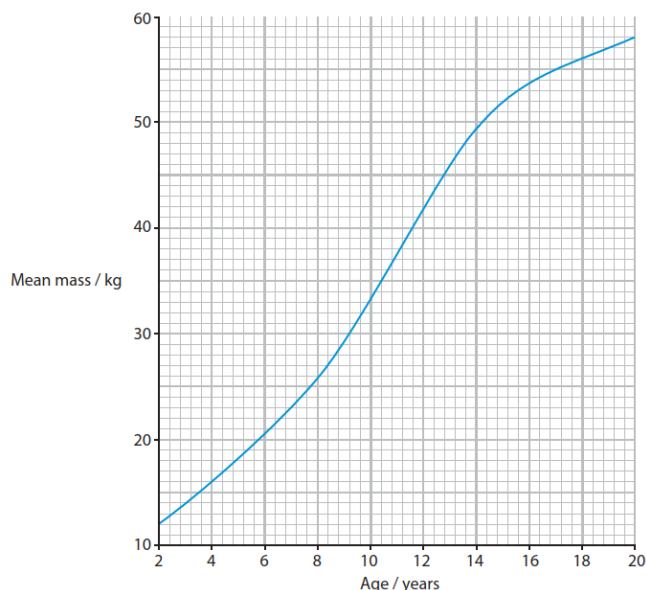


2. The graph shows the mean mass of girls at different ages.

a) What is the mean mass of girls when they are two years old?

b) By how much does the mean mass increase between two years and 10 years old?

c) Between which ages does growth happen most rapidly?



Exercise 3. Complete the table below.

Chemical reaction	Exothermic or endothermic reaction?
..... + oxygen → water	
magnesium + oxygen →	
potassium + water → + hydrogen	
sodium hydrogen carbonate + citric acid → + water + carbon dioxide	
magnesium + → magnesium chloride + hydrogen	