

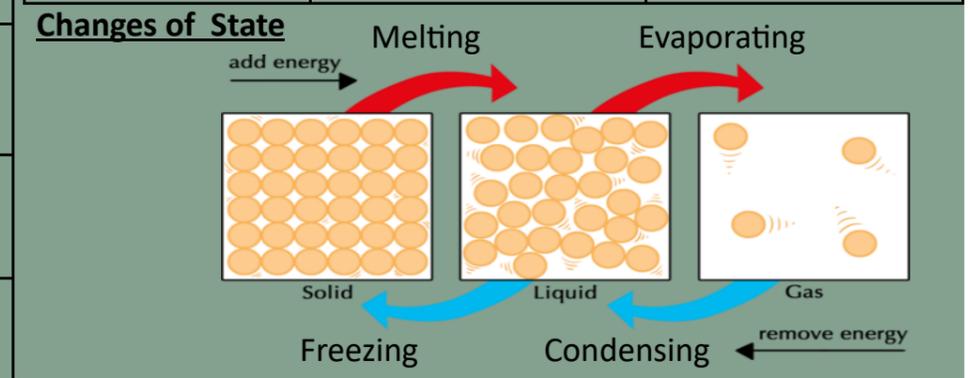
## 1. Biology

<b>Variation</b>	Differences between organisms.
<b>Continuous</b>	Range of numerical values.
<b>Discontinuous</b>	Values fall into categories.
<b>Organism</b>	A living thing.
<b>Organ system</b>	A group of organs working together.
<b>Organ</b>	A group of tissues working together.
<b>Tissue</b>	A group of similar cells working together.
<b>Cell</b>	The basic unit of a living thing.
<b>Unicellular organism</b>	A simple organism made up of one cell e.g. amoeba.
<b>Multicellular organism</b>	A complex organism made up of multiple cells e.g. plants and animals.

## 2. Chemistry

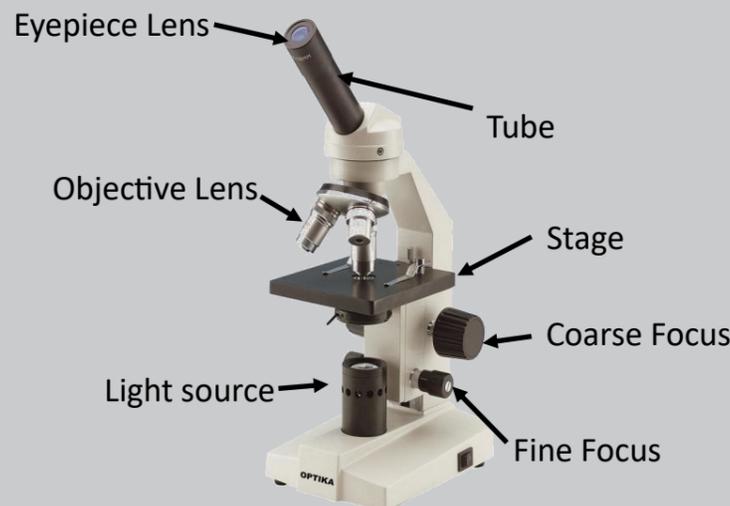
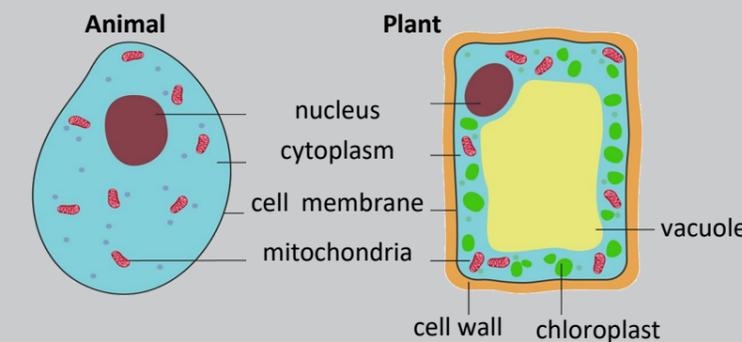
<b>State of Matter</b>	The structure of an object e.g. solid, liquid or gas.
<b>Change of State</b>	When a substance changes from one state to another e.g. melting.
<b>Melting Point</b>	The temperature at which a solid changes state to a liquid.
<b>Boiling Point</b>	The temperature at which a liquid changes state to a gas.
<b>Thermometer</b>	A piece of equipment used to measure temperature.
<b>Atom</b>	A single sphere that makes up matter.

Element	Compound	Mixture
A substance that contains only one type of atom.	A substance that contains different types of atoms that are chemically joined.	A substance that contains different types of particles that are not chemically joined.



## 3. Physics

<b>Force</b>	The pushing or pulling effect.
<b>Balanced</b>	When all of the forces in one direction are equal in size to all of the forces in the opposite direction.
<b>Unbalanced</b>	When all of the forces in one direction are not equal in size to the forces in the opposite direction.
<b>Moment</b>	The turning effect caused by a force.
<b>Newton meter</b>	A piece of equipment containing used to measure the size of a force.



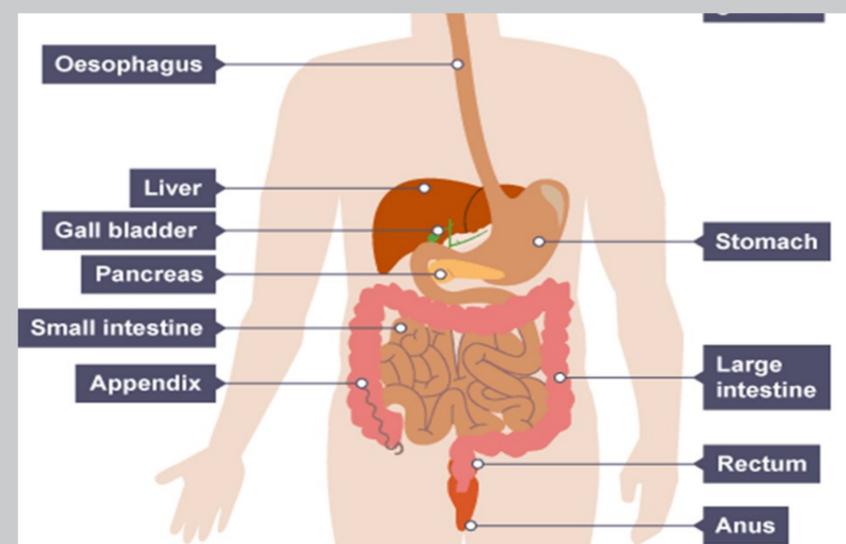
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## 1. Biology

Stomach	Where ingested food is stored and broken down.
Small intestine	Where food molecules are absorbed into the blood.
Large intestine	Where water molecules are absorbed into the blood.
Enzymes	Biological catalysts



### Diet

Nutrient groups:

- Carbohydrates (for energy)
- Protein (for growth and repair)
- Lipids (for energy and insulation)
- Fibre
- Vitamins
- Minerals

Plants synthesise their own food using energy from the sun.

This allows them to make carbohydrates such as sucrose, starch and cellulose.

## 2. Chemistry

The Periodic Table

Metals Non-metals

Metals	Left hand-side of periodic table
Non-	Right hand-side of periodic table
Groups	Columns that read up and down
Periods	Rows that read left to right

Deficiency	Cause
Scurvy	Lack of vitamin C
Rickets	Lack of vitamin D
Anaemia	Lack of iron

**Risks from overeating:** obesity, type 2 diabetes, heart disease, stroke

Formulae show us which elements are present in compounds

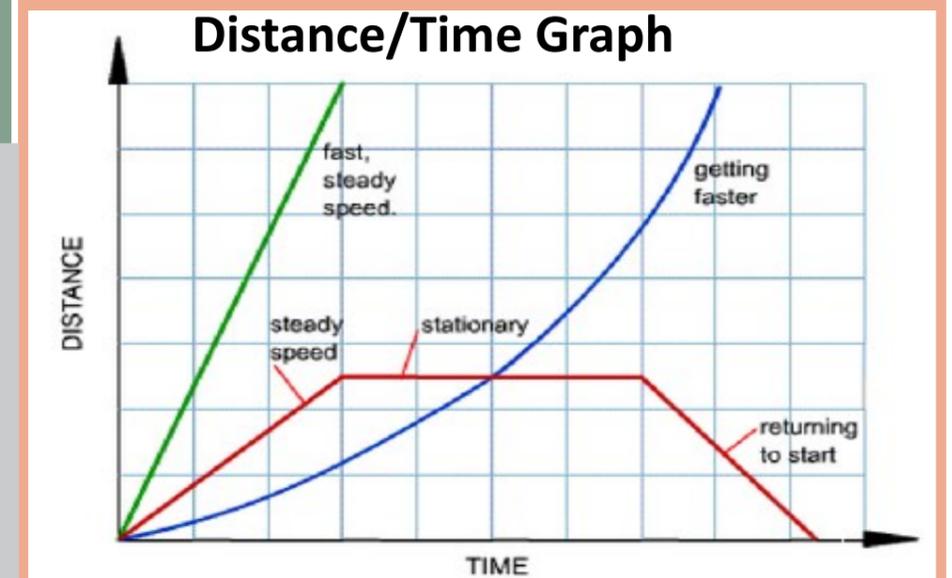
H <sub>2</sub> O	Water
CO <sub>2</sub>	Carbon Dioxide
CH <sub>4</sub>	Methane
NH <sub>3</sub>	Ammonia

## 3. Physics

$$\text{Speed} = \frac{\text{Distance}}{\text{time}}$$

(m/s)            (m)    (s)

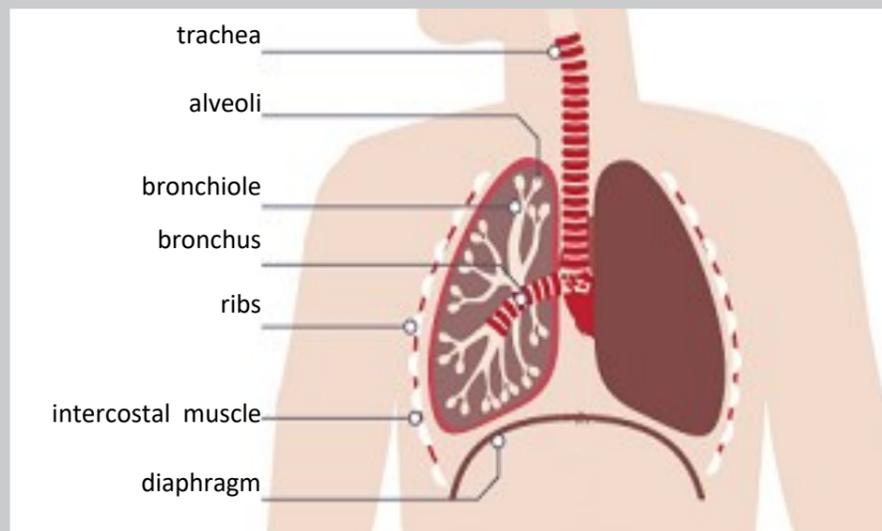
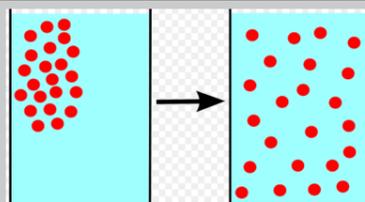
Time is measured using a **stopwatch**.



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## Biology

Diffusion is the net movement of particles from an area of high concentration to an area of low concentration.



Inhalation	Exhalation
Diaphragm contracts, moves downwards.	Diaphragm relaxes, moves upwards.
Intercostal muscles contract, ribs move up and out.	Intercostal muscles relax, ribs move down and in.
Air drawn in to the lungs.	Air forced out of the lungs.

<b>Gas Exchange</b>	The process which occurs at the alveoli in animals moving oxygen into our blood and carbon dioxide out of our blood. In plants takes place through stomata
<b>Stomata</b>	Tiny holes on the underside of a leaf.

## Chemistry

<b>Chemical changes</b>	Three signs of a chemical change: colour change, bubbling (a gas is produced), or a temperature change.
<b>Thermal Decomposition</b>	Break down of a substance using heat.
<b>Oxidation</b>	Addition of oxygen to an element in a chemical reaction.
<b>Combustion</b>	Where oxygen reacts with a fuel to produce carbon dioxide and water releasing energy as heat.
<b>Conservation of Mass</b>	The mass of reactants is the <u>same</u> as the mass of products.

### Effects of smoking:

- Smoker's cough.
- Emphysema.
- Coronary heart disease.

<b>Tar</b>	Causes cancer of the lungs, mouth and throat.
<b>Nicotine</b>	Addictive drug found in tobacco/cigarettes.
<b>Smoke</b>	Damages the lining of the airways causing a smoker's cough.
<b>Carbon monoxide</b>	This is a gas that reduces the amount of oxygen carried in the blood.

## The Reactivity Series:

potassium	most reactive	K
sodium		Na
calcium		Ca
magnesium		Mg
aluminium		Al
carbon		C
zinc		Zn
iron		Fe
tin		Sn
lead		Pb
hydrogen		H
copper		Cu
silver		Ag
gold		Au
platinum	least reactive	Pt

## Physics

<b>Contact Forces</b>	Friction, air resistance, water resistance, normal contact
<b>Non-contact Forces</b>	Magnetism, weight, electrostatic
<b>Mass</b>	Mass is the amount of <u>matter</u> in an object (g or kg)
<b>Weight</b>	The force applied on the <u>matter</u> by gravity (N)

**Weight (N) = Mass (kg) x Gravitational field strength (N/kg)**

- 1000g = 1 kg
- 1000 N = 1 kN