

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Diet and Digestion

Graded Unit Reference Number: GA33BIO11

Ungraded Unit Reference Number: UA33BIO11

Module: Biology; Human Biology

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Recognise that the dietary needs of different individuals vary and that a balanced diet is needed for good health	1.1 Identify and discuss possible sources of macro and micronutrients in the human diet
	1.2 Evaluate data to identify how dietary requirements vary with factors such as age, sex and activity
	1.3 Evaluate the way in which diet may be a contributory factor in illness or disease
2. Understand how the structure of the digestive system is related to its function	2.1 Identify the major organs of the digestive tract and describe their main functions
	2.2 Identify layers in the gut wall from photomicrographs or sketch representations
	2.3 Explain how differences in the histology of the oesophagus, stomach and ileum are related to their roles in digestion
3. Understand the need for digestion and know the role of enzymes in the process	3.1 Explain the need for digestion of food in terms of both absorption and assimilation of nutrients
	3.2 Describe and explain the role, in digestion, of physical processes such as mastication, churning and emulsification

3.3 Identify the sites of production of digestive juices and enzymes and explain their roles in digestion