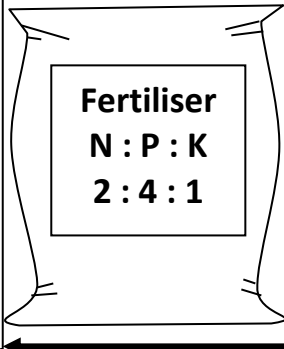


Plants grow if they have the right conditions for (cf. Cell Biology Key Area 6)

Main nutrients (macronutrients) for plant growth are ...

N:P:K Ratio - means



N = N..... = used for
 P = P..... = used for
 K = P.....= used for

Eat well plate



- Labels;
- Fruit and veg*
- Protein (meat, fish, eggs and beans)*
- High sugar/fat foods*
- Starchy food (bread rice, potatoes, pasta)*
- Milk and dairy foods*

Nutrient/ mineral				
Used for				
e.g. of food found in				
Result of deficiency				

Check your key area statements. If not green you need to do more work!	G	A	R
Explain how a balanced diet helps produce a healthy individual			
Give examples of nutrients needed for growth in humans			
Give examples of nutrients needed for growth in plants			
State that you require; suitable conditions, water, minerals and vitamins for healthy growth and development			

You could use; check lists mind maps vocabulary lists Summarised notes highlighted notes
 cue cards past paper/practice questions Other people testing you Extra help after school BBC bitesize
 Quizlet flash cards edmodo other websites (make sure you have a note of them if good)