

# Plan of Work

## Biology

Grade 8

For examination from 2025



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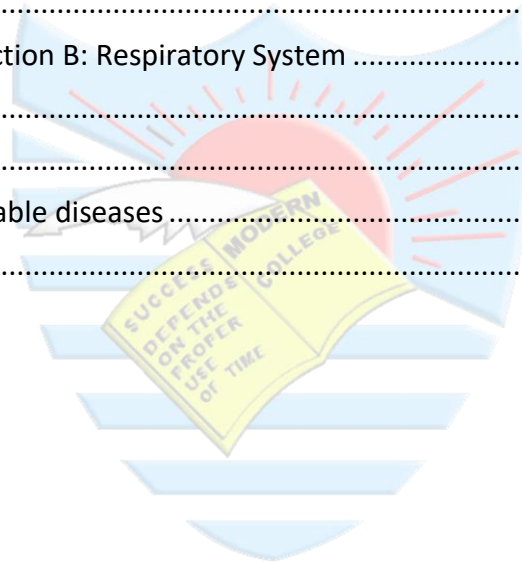
BSc(Hons) Biology

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Postgraduate Certificate in Education

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## Introduction

### Prescribed textbooks:

- SCIENCE GRADE 8; MIE (2018) [BOOK: SG 8]

### Reference book:

Not applicable

### Recommended prior knowledge

Learners beginning this course are expected to have knowledge of the following topics:

	Topic
1	Photosynthesis
2	Food and nutrients

### Websites and videos

This plan of work includes website links providing direct access to internet resources. Modern College is not responsible for the accuracy or content of information contained in these sites. The inclusion of a link to an external website should not be understood to be an endorsement of that website or the site's owners (or their products/services).

The website pages referenced in this plan of work were selected when the plan of work was produced. Other aspects of the sites were not checked and only the particular resources are recommended

## FIRST TERM [10/01/2025 – 11/04/2025]

### Topic 1: Unit 2. Food and Nutrients

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Define nutrients as food substances or molecules that all organisms need for the proper functioning of their body.	[Book SC 8]: Pg 26 Activity 2.1			<b>Six essential nutrient</b> <a href="https://www.youtube.com/watch?v=B5pcn-qY-80">https://www.youtube.com/watch?v=B5pcn-qY-80</a>
b) Classify nutrients into carbohydrates, fats, proteins, vitamins and minerals.				<b>Importance of nutrients</b> <a href="https://www.youtube.com/watch?v=Evji_ebWZQU">https://www.youtube.com/watch?v=Evji_ebWZQU</a>
c) Select and list examples of food sources rich in carbohydrates, fats, proteins, vitamins, minerals and dietary fibres.		[Book SG 8]: Pg 29 Activity 2.3	Pg 30 activity 2.4	
d) State the main roles of carbohydrates, proteins and vitamins (A and D) in our body.	Pg 27 Activity 2.2			
e) State that carbohydrates are subdivided into simple and complex carbohydrates giving examples such as glucose and starch respectively.				<b>Nutrition</b> <a href="https://youtu.be/CP1Lzx1wQX8">https://youtu.be/CP1Lzx1wQX8</a>

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f) Demonstrate an understanding of starch as a complex carbohydrate made up of many simple sugar units.				
g) Recognize different examples of food sources rich in glucose and starch.				
h) State that proteins are large food molecules that are made up of smaller units called amino acids.				
i) Carry out simple food tests.		Pg 32 activity 2.5, 2.6, 2.7		
j) Identify the compounds of various food samples using the different food tests.		Pg 35 activity 2.8	<a href="https://quizizz.com/admin/quiz/5d95e83eae291f001a9628b2/food-tests">https://quizizz.com/admin/quiz/5d95e83eae291f001a9628b2/food-tests</a>	
k) Define the term 'balanced diet' as comprising carbohydrates, fats, proteins, vitamins, minerals, water and dietary fibres in the correct proportion.		[Book SG 8]: Pg 35 Activity 2.8, 2.9, pg 46 MCQ 1-14, ex 15		
l) Recognize that malnutrition may be the result of either a lack or an excess of a particular nutrient in the diet.				
m) State the deficiency diseases of vitamin A, vitamin D, iron and calcium				

n) Show an awareness that excess of carbohydrates in the diet can lead to diabetes while excess of fats in diet can lead to obesity and heart diseases.			[Book SG 8]: Pg 47 Structured Qs 16-24	<b>Fitness</b> <a href="https://www.google.com/url?sa=i&amp;url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D-OmaH3dCyq8&amp;psig">https://www.google.com/url?sa=i&amp;url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D-OmaH3dCyq8&amp;psig</a>
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## April Assessment

Component	Time Allocation	Type	Maximum Mark
Paper 1	1 Hr	Multiple choice questions	5
		short answer questions	45

Section A will consist of about 5 multiple choice questions.

Section B will consist of about 6 short answer questions. Candidates should answer **all** questions.

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Candidates are expected to cover the PROPOSED syllabus. The paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.



## SECOND TERM [28/04/2025 - 18/07/2025]

### Topic 2: Unit 5. Section A: Digestive system and Section B: Respiratory System

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> <b>Section A: Digestive system</b> a) identify and label the main parts of the digestive system in man.	[Book SG 8]: Pg 122 Activity 5.1			
b) explain the terms: ingestion, digestion, absorption and egestion. c) State the functions of the main parts of the digestive system in man in relation to ingestion, digestion, absorption and egestion.	Pg 123 activity 5.2			<b>Digestive system</b> <a href="https://www.youtube.com/watch?v=exsrs0SttU">https://www.youtube.com/watch?v= exsrs0SttU</a>
d) Identify the different types of human teeth.		[Book SG 8]: Pg 126 Activity 5.3		
e) Explain how each type of teeth helps in the mechanical digestion of food.				<b>The oesophagus</b> <a href="https://www.youtube.com/watch?v=Ujr0UAbyPS4">https://www.youtube.com/watch?v=Ujr0UAbyPS4</a>
f) Describe the process of peristalsis in the alimentary canal.		[Book SG 8]: Pg 133 Activity 5.5, pg 137 activity 5.6		



g) Outline the role of the liver and pancreas in digestion.			<a href="https://kidshealth.org/en/kids/dsqviz.html">https://kidshealth.org/en/kids/dsqviz.html</a>	
<b>Section B: Respiratory System</b>				
a) State that the transport system is linked to the gaseous exchange system in multicellular organisms.	[Book SG 8]: Pg 144 Activity	[Book SG 8]: pg 167 act 6.4-6.6		<b>Respiratory system</b> <a href="https://www.britannica.com/science/human-respiratory-system">https://www.britannica.com/science/human-respiratory-system</a>
b) State that the process of exchange of gases in living organisms occurs in the respiratory system.	[Book SG 8]: Pg 145 Activity 5.7			
c) Outline the different parts of the respiratory system and state the function of each part.				
d) Explain that breathing in man involves two main processes: inspiration and expiration.	[Book SG 8]: Pg 148 Activity 5.8			<b>Breathing mechanism</b> <a href="https://youtu.be/w1QyU9hyHRM">https://youtu.be/w1QyU9hyHRM</a>
e) Recognize that gaseous exchange takes place at the alveolus in the lungs.		[Book SG 8]: pg 151 activity 5.9	<a href="https://kidshealth.org/en/kids/rsqviz.html">https://kidshealth.org/en/kids/rsqviz.html</a>	<a href="https://youtu.be/mZvzl8KH6iI">https://youtu.be/mZvzl8KH6iI</a>
f) breathing rate		[Book SC 8]: Pg 152 Activity 5.10	[Book SC 8]: Pg 157 Ex 1-17	

## July Assessment

Component	Time Allocation	Type	Maximum Mark
Paper 1	1 Hr	Multiple choice questions	5
		short answer questions	45

Section A will consist of about 5 multiple choice questions.

Section B will consist of about 6 short answer questions. Candidates should answer **all** questions.

Candidates are expected to cover the PROPOSED syllabus. The paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.

## THIRD TERM [18/08/2025 – 07/10/2025]

### Topic 3: Unit 9. Communicable and Non-communicable diseases

Learning Objectives	Worked Examples	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) State that a communicable disease spreads easily from one person to another.	[Book SG 8]: Pg 284 Activity 9.1 and 9.2			
b) state that a non-communicable disease does not spread from one person to another				Poster representation of malarial life cycle
c) List examples of communicable and non-communicable diseases.				
d) State that communicable disease is caused by a pathogen.	[Book SG 8]: Pg 285 Activity 9.2			
e) identify different modes of transmission of communicable disease.				

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<p>f) Name the causative agent of influenza.</p> <p>g) Describe the mode of transmission of influenza.</p> <p>h) List signs and symptoms of influenza.</p> <p>i) Outline the ways to prevent influenza.</p>	<p>[Book SG 8]: Pg 292 Activity 9.6</p>	<p>[Book SG 8]: Pg 288 Activity 9.3 Pg 289 activity 9.4 [Book SC 8]: Pg 290 Activity 9.5</p>	<p><b>Influenza</b></p> <p><a href="https://youtu.be/kgUEswmQM3M">https://youtu.be/kgUEswmQM3M</a></p>
<p>j) List the main causes of diabetes.</p> <p>k) List the health effects of diabetes.</p>		<p>[Book SG 8]: Pg 294 Activity 9.7 and 9.8</p>	
<p>l) Outline the ways of preventing diabetes.</p>			<p><b>Diabetes</b></p> <p><a href="https://youtu.be/blhy-Rb2xp4">https://youtu.be/blhy-Rb2xp4</a> <a href="https://youtu.be/X9ivR4y03DE">https://youtu.be/X9ivR4y03DE</a></p>
<p>m) State that a drug is a chemical substance (other than food) that affects the way the human body works.</p>			<p>[Book SG 8]: Pg 303 Work out section A and B</p>
<p>n) State the negative effects caused by smoking cigarette.</p>			<p><a href="https://quizizz.com/admin/quizzes/5d72c99cf4d1a1001dd459fc/communicable-and-non-communicable-diseases">https://quizizz.com/admin/quizzes/5d72c99cf4d1a1001dd459fc/communicable-and-non-</a></p>

## October Assessment

Component	Time Allocation	Type	Maximum Mark
Paper 1	1 Hr	Multiple choice questions	5
		short answer questions	45

Section A will consist of about 5 multiple choice questions.

Section B will consist of about 6 short answer questions. Candidates should answer **all** questions.

Candidates are expected to cover the PROPOSED syllabus. The paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.