



Diet, drugs and lifestyle

Year 6

Knowing More, Remembering More

Remembering previous learning

- What are the 5 food groups? Fruit and vegetables, carbohydrates, proteins, dairy products and alternatives, fats and sugars.
- What do fruit and vegetables provide the body with? Essential vitamins.
- Which two food groups provide the body with energy? Fats and carbohydrates.
- What do proteins help the body to do? They help the muscles to grow and repair.
- What do dairy products do for the body? Dairy products contain calcium which is good for teeth and bones.
- Are fats good for you? They can be grouped into healthy and unhealthy fats.
- What is a balanced diet? A diet that gives a person everything they need to stay healthy.
- What is a balanced meal? A meal that has the right amount of food from the food groups.
- What do people who follow a vegan diet eat/ not eat? They do not eat meat or animal products.
- What do people who follow a vegetarian diet eat? They do not eat meat but they do eat animal products e.g. eggs and cheese.
- What do people who follow a pescatarian diet eat? They eat fish but no other meat products.
- What is an omnivorous diet? A diet that includes all food types.
- Can animals make their own food? No, they get their nutrition from what they eat.
- What is the role of the heart in the circulatory system? The heart pumps blood around the body.

In this unit children will:

- Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Working Scientifically:

- 6.3 Make predictions based on scientific knowledge.
- 6.5 Plan different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary.
- 6.10 Report and present findings from enquiries, including conclusions, causal relationships and explanations of and a degree of trust in results, in oral and written forms such as displays and other presentations.
- 6.12 Use scientific evidence to answer questions.
- 6.13 Make conclusions based on scientific evidence and from their own testing and findings.
- 6.15 Use test results to make predictions to set up further comparative and fair tests.

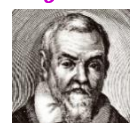
Key Vocabulary:

- balanced diet
- calories
- unsaturated fats
- saturated fats
- trans fats
- drug
- painkiller
- stimulants
- depressants
- cigarette
- vape
- tar
- nicotine
- carbon monoxide
- addiction
- independent variable
- dependent variable
- controlled variables
- circulatory system
- heart
- heart rate
- duration
- exercise
- conclusion
- evaluation

Key Learning Steps:

1. Diet
2. Drugs
3. Cigarettes
4. Plan - heart rate experiment
5. Investigate - heart rate experiment
6. Evaluate - heart rate experiment

Key Scientists:



Classic

Santorio Santorio (1561-1636)
First used pendulums to measure pulse rates.



Classic

William Harvey (1578 - 1657)
Discovered the circulatory system.



Contemporary

Dr. Michael Mosley was regarded as one of the most important dieticians in Britain today.

Knowing more in Y6

What is a balanced diet? A balanced diet is made up of the right amounts of carbohydrates, fats, proteins, vitamins, minerals, fibre and water.

What are unsaturated fats? Unsaturated fats provide the body with energy and allow humans to absorb some vitamins.

What are saturated and trans fats? Both of these can cause weight gain and heart disease.

What is a drug? A drug is a chemical that can change the way your body or brain functions. Some are legal; some are illegal.

What are painkillers? Painkillers help the body to dull pain.

What are stimulants? Stimulants make a person feel more alert and awake.

What are depressants? Depressants make the body feel calm and drowsy.

What are cigarettes? Cigarettes are thin tubes filled with tobacco used for smoking. They also contain tar, nicotine and other harmful substances including carbon monoxide.

What is carbon monoxide? Carbon monoxide is a poisonous gas that stops the blood carrying as much oxygen.

Is smoking good for your health? Smoking can damage the body and cause breathing problems. It also increases the risks of heart and lung disease.

What is heart rate? The number of times your heart beats in one minute.

What are the positive impacts of exercise on the body? Regular exercise has many health benefits including healthy heart and lungs, muscle strength, positive impact on emotional and mental health as well as improving behaviour and concentration.