

### Key Facts

The health of humans can be adversely affected by the following:

- **A poor diet:** A healthy diet is one that helps to maintain or improve general health, providing the body with essential nutrition, including water, protein, essential fatty acids, vitamins, minerals and adequate energy (expressed in calories). A healthy diet can include plant- and animal-based foods.
- **Exposure to harmful substances:** These include tobacco, which has been directly linked to breathing disorders, blocked arteries, heart disease, lung and other cancers and nerve damage, and alcohol drug and solvent abuse, which have been directly linked to impaired performance, personality change and major organ damage.
- **Lack of exercise, rest and sleep:** Regular exercise makes humans stronger and more efficient, and a lack of regular exercise can lead to joint and muscle problems, clogged arteries, high blood pressure and heart disease. Humans need to rest and to sleep so that the body can repair and recharge itself. Insufficient sleep can lead to stress, anxiety and impaired performance.
- **Stress:** Stress can be caused by a wide range of physical, emotional and environmental factors, and lead to a range of physical and physiological symptoms.



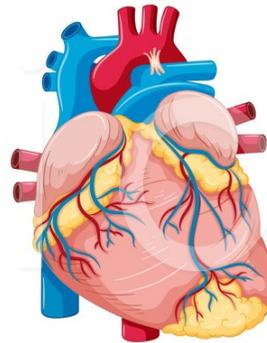
# Science

## Year 6

### Summer 1

## Body

## Health



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### Vocabulary

Word	Definition
Alcohol	A colourless liquid made by fermenting sugar or starch.
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Calories	A unit for measuring an amount of energy produced by food.
Carbohydrates	Food which contains sugar and starch such as potatoes, rice, pasta and bread.
Consequences	Something that happens as a result of an event or action.
Fibre	Benefits your digestion and reduce your
Intensity	Very strong or great
Lifestyle	The way of life of a person
Nutrition	The process of providing or obtaining the food necessary for health and growth

### Common misconceptions:

Children generally attribute good health to what they eat and drink, and identify individual foods as healthy, rather than recognising the need for a balanced diet or eating in moderation.

Children often see exercise and rest as just adult pursuits. Alternative ideas that children may hold about diet include: overweight people are unhealthy and slim people are healthy, children may not recognise that there is a range of healthy body weights for people of any height and all fatty foods are bad for you. Children may not understand that the body needs some fat, and that it is a diet that is too high in fatty foods that can lead to people becoming overweight or obese.

## Knowledge and Understanding:

### **Children will learn:**

Children will build on their learning from Year 3 about the types of food that humans and other animals need in order to stay alive. They will develop a deeper understanding of what constitutes a healthy diet, through exploring food groups and how the body uses them. They investigate food packaging to find out what snacks and drinks contain, and use this information to inform their own choices of drinks and snacks. The children also investigate how the results of scientific enquiries have influenced what we eat.

## Key skills and concepts:

### **Children will be able to:**

Learn about how to keep their bodies healthy and how their bodies might be damaged. The focus is on lifestyle choices that humans make, including diet, exercise and drug use, and how these are informed by scientific evidence.

Children will have the opportunity to find out about how drugs help us as well as cause us harm.

They explore the effects of exercise on the body and develop their understanding of the circulatory and respiratory systems as they investigate the effects of exercise on the pulse and its recovery rate. They then find out about the training regimes of athletes and learn about about special diets and training programmes.

*What other aspects of life contribute to a healthy lifestyle?*

*What are the effects on lifestyle of not eating a healthy balanced diet?*



## Key Questions

*Does it make a difference if a person does something every day or just occasionally?*

*How does food packaging help you plan a healthy diet? How does the food plate help?*

*Are some food groups easier to find than others? Which food type have you eaten most of*

*already today? What food group was that? What food groups should you eat more or less of?*

*Which foods are high in fats and sugar? Have you found anything that surprised you?*

*What is a pulse rate? Why is it important to take your pulse rate?*

*What are the benefits of sport*

*and exercise? How do you think people choose what sport to do?*

*How do drugs affect the body?*

*Can you think of any dangers of taking them over a long period of time?*

*Can you think of any long-term or short-term health risks of smoking?*