

Topic:	Year group	Term
Diet, drugs and lifestyle	6	Spring

Background knowledge

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer diseases such as diabetes, how clearly we think and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.

What should I already know?

Year 2

I can explain the basic stages in a life cycle for animals including humans.
 I can describe what animals and humans need to survive.
 I can describe why exercise, a balanced diet and good hygiene are important for animals.

Year 3

I can explain the importance of a nutritious balanced diet.
 I can name different parts of a human skeleton.
 I can explain and describe the skeletal system a human.
 I can explain the function of muscles.

Year 4

I can identify and name the main parts of the human digestive system.
 I can describe the simple functions of the basic organs in the human digestive system.
 I can identify and name the different types of teeth in humans.
 I can describe the functions of different human teeth.

National Curriculum Objectives / Key Skills	The Journey
<ul style="list-style-type: none"> Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. <p><u>Working scientifically</u></p>	<ol style="list-style-type: none"> 1. Diet 2. Drugs 3. Cigarettes 4. Plan - heart rate experiment 5. Investigate - heart rate experiment

Identifying scientific evidence that has been used to support or refute ideas or arguments.

Recognise which secondary sources will be most useful to research their ideas and begin the separate opinion from fact (non-statutory).

planning different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary.

Taking measurements, using a range of scientific equipment, with increasing accuracy and precision, taking repeat readings when appropriate.

Using test results to make predictions to set up further comparative and fair tests.

Scientific enquiry



6. Evaluate - heart rate experiment

Outcomes

Working towards: Recognise some of the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Expected: Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

Exceeding: Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function and explain why.

Key Vocabulary	Timeline / Diagrams
<p>Balanced diet - a diet that fulfills a person's nutritional needs</p> <p>Calories - a measure of energy taken from the food or drinks a person consumes</p> <p>unsaturated fats - fats that have a positive impact on the body</p> <p>saturated fats - fats commonly found in animal-based foods</p> <p>trans fats - unhealthy fats found in fried and processed foods</p> <p>drug - a chemical that can change the way your body or brain functions</p> <p>painkiller - drugs that help the body dull pain</p> <p>stimulants - drugs that help you feel more awake and alert</p> <p>depressants - drugs that make the body feel calm and drowsy</p> <p>cigarette - a thin tube filled with tobacco used for smoking</p>	 <p>The diagram is a circular 'Eatwell Guide' divided into five colored segments representing different food groups. Clockwise from the top: 1. Green segment (Vegetables and fruits) showing various fruits and vegetables. 2. Yellow segment (Breads, potatoes, rice, pasta) showing bread, potatoes, and rice. 3. Blue segment (Dairy products) showing milk, cheese, and yogurt. 4. Red segment (Protein sources) showing meat, fish, eggs, and beans. 5. Purple segment (Oils, fats, and sugars) showing oil, butter, and sugar. The center of the circle contains images of these food groups mixed together. Text boxes around the circle provide additional information: 'Check the food on this guide' (top left), 'Use the Eatwell Guide to help you get a balance of healthy and tasty food' (top), 'Remember to eat a variety of foods from each group' (top right), 'Remember to eat a variety of foods from each group' (bottom right), 'Remember to eat a variety of foods from each group' (bottom), and 'Remember to eat a variety of foods from each group' (bottom left). The title 'Eatwell Guide' is at the top center.</p>

<p>vape - a device used for inhaling vapour containing nicotine and other flavours</p> <p>tar - a sticky, brown substance that collects in the lungs when inhaled</p> <p>nicotine - a highly addictive chemical</p> <p>carbon monoxide - a poisonous gas that stops the blood from carrying as much oxygen</p> <p>addiction - when a person becomes dependent on a drug</p>	
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Key people / places

STEM job; nurse, dietician

Assessment questions / outcomes

- How do cigarettes affect the heart?
- What are the effects of nicotine?
- What are the effects of carbon monoxide?
- What are painkillers?
- What are the effects of painkillers on the body?
- What are stimulants?
- What are the effects of stimulants on the body?
- What is addiction?
- How can you classify
- What are saturated/unsaturated/trans fats?
- What are the positives of eating unsaturated fats?
- How does eating too much saturated/trans fat negatively affect the body?
- What are vitamins and minerals?
- How do humans get vitamins and minerals in their diets?

