

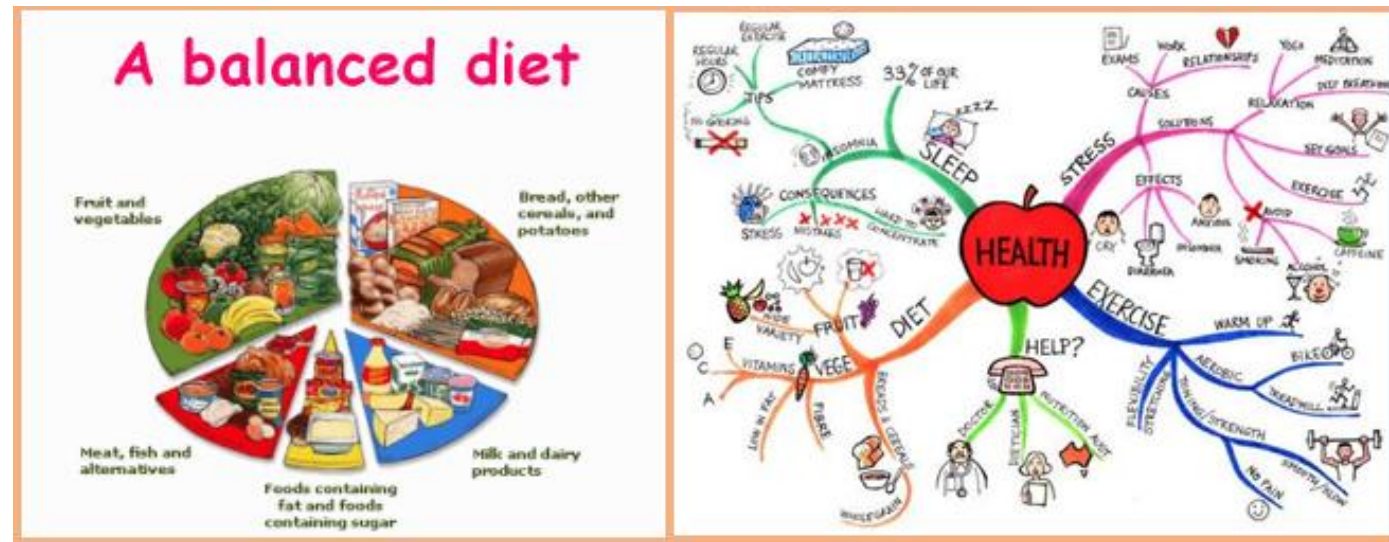
# Star Vocabulary

Diet	The kinds of food that a person, animal, or community habitually eats.
Food groups	Dietary components. E.g. proteins, carbohydrates, fruit and vegetables, dairy, foods with added fats and sugars
Pulse	A rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
Drugs	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.



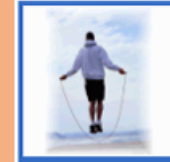
Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

# Summer I Diet, Drugs and Lifestyle



## Investigations:

To observe and measure the immediate effects of exercise on the body. This will involve taking measurements of pulse rates.



## Extension activities:

To investigate the effects of sustaining an active lifestyle over a longer period of time (long-term effects).



• **independent variable** - (what will change) - the duration or length of the exercise



• **dependent variable** - (what will be measured) - the heart rate (bpm)



• **controlled variables** - (what is kept the same) - performing the same type of exercise



Understand that there are things that are 'good' for us and things that are 'bad' for us.

Identify that animals need the right types (and amounts) of nutrition and that they get nutrition from what they eat.

To understand the short-term and long-term benefits of exercise and to understand that alcohol and drugs can be detrimental to health.

Describe the importance of exercise, and hygiene.



To learn about a healthy, balanced diet. To understand the benefits of eating from different food groups.

Recognise the impact of diet, exercise, drugs and lifestyle on the way the body functions.