













## Unit 5A: Keeping Healthy



# Learnanywhere

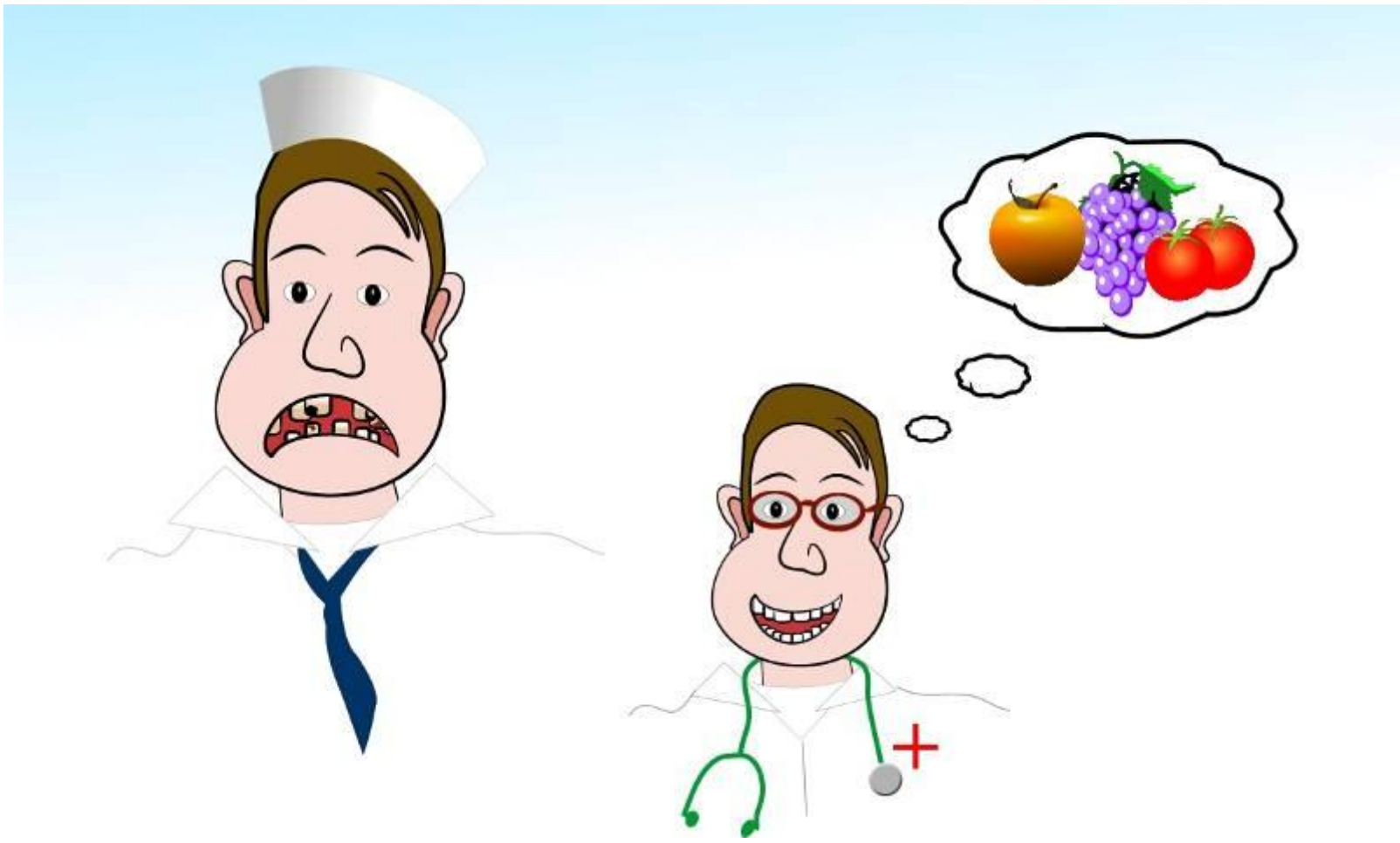
# Keeping Healthy

Statement	True	False
Eating chocolate for breakfast is good for you		
You must clean your teeth once a week		
Everyone should try and eat at least 5 pieces of fruit or vegetables every day		
People who do lots of exercise can eat whatever they want		

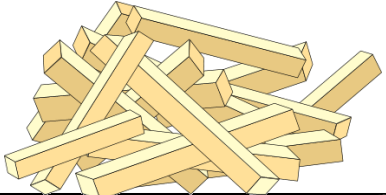

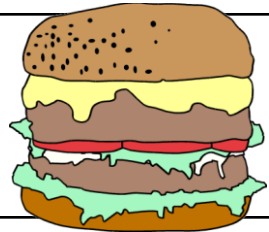
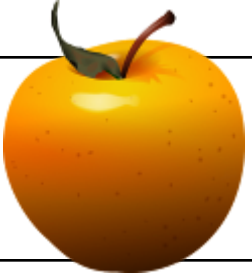

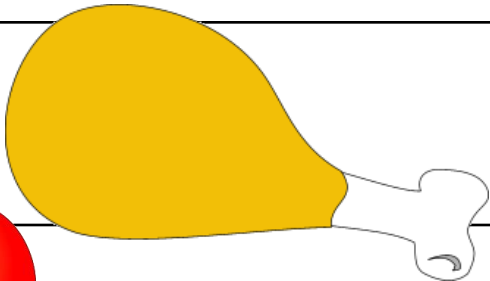

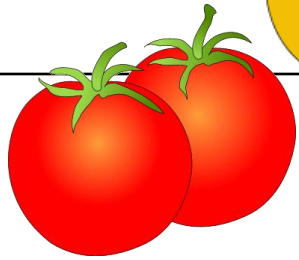
Statement	True	False
Sportspeople must eat as healthily as possible		
Meat and fish are energy foods		
You should clean your teeth at least twice a day for 2 minutes		
Fruit and vegetables are not necessary in a healthy diet		
Your bones grow as you get older		
Bones can bend but they won't break		
We get lots of our energy from foods such as bread, pasta and potatoes		
humans and animals eat the same foods		

## Some useful words

<b>Balanced diet</b>	A balanced diet includes all the necessary daily food requirements e.g. carbohydrate foods, fats, proteins, vitamins, water
<b>Side effect</b>	The effect, often undesirable, that use of a drug may have
<b>Fats</b>	An essential food, provides energy and keeps us warm
<b>Sugars</b>	An essential food, provides energy
<b>Protein</b>	An essential food, helps the body grow and repair itself
<b>Carbohydrates</b>	Provide us with energy.
<b>Vitamins</b>	Needed in minute amounts to keep us healthy.
<b>Heart beat</b>	Felt when the heart pumps once.
<b>Pulse</b>	A place in the body where the heart beat can be felt. Good points are in the wrist, the neck and the temple
<b>Pulse rate</b>	The number of times the heart beats
<b>Blood vessel</b>	The tubes that blood travels down such as arteries, veins and capillaries
<b>Lung</b>	The 2 bag like structures that take in air and where gasses pass in and out of the blood



# Unhealthy and Healthy Diets

Foods we should avoid eating too much of	Foods that are essential for us to keep healthy
	
	
	
	

Energy food

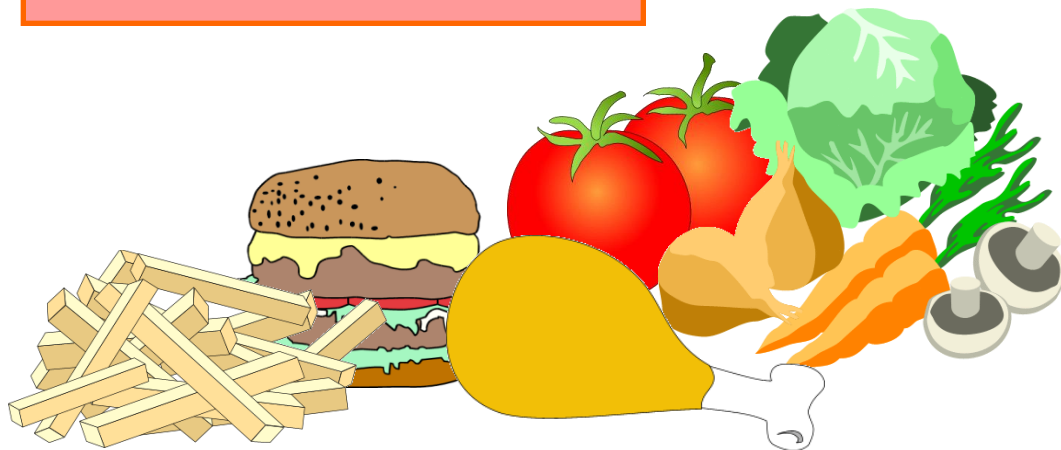
Growth Food

Put the foods to avoid and essential foods into the right group

Fatty food

Food with lots of sugar

Fruit & Veg



# Exercise



**Breathing gets faster**

**Feel hotter**

**Feel tired**

**Heart beats faster**

**Start to sweat**





Breathing slows down

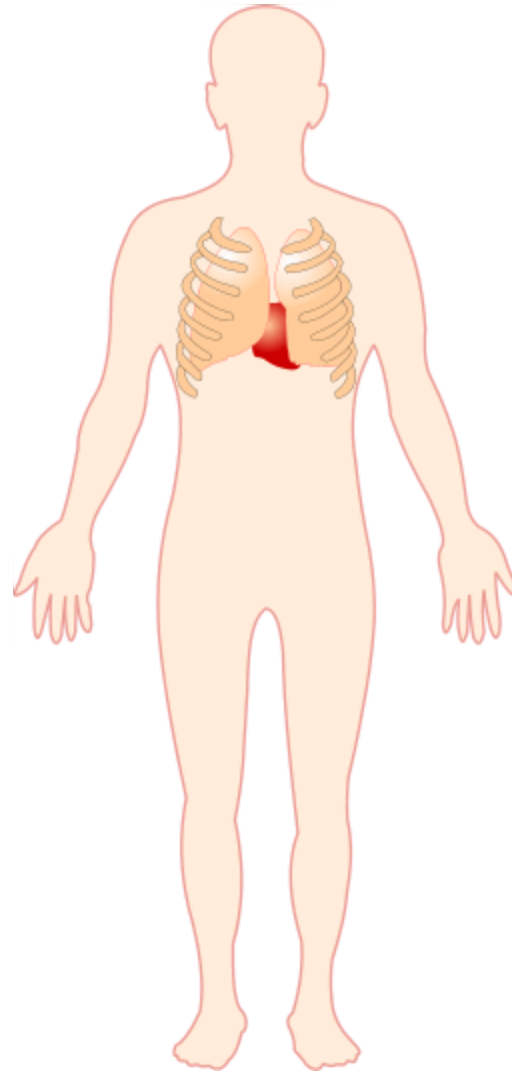
Feel hot but start to cool

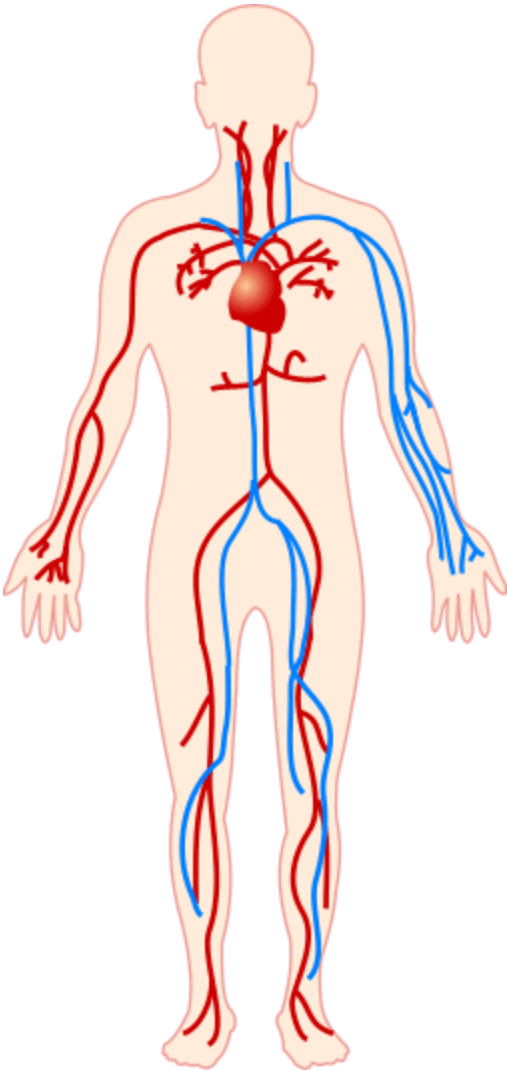
Feel tired

Heart rate slows down

Sweating stops

# The Heart and Lungs

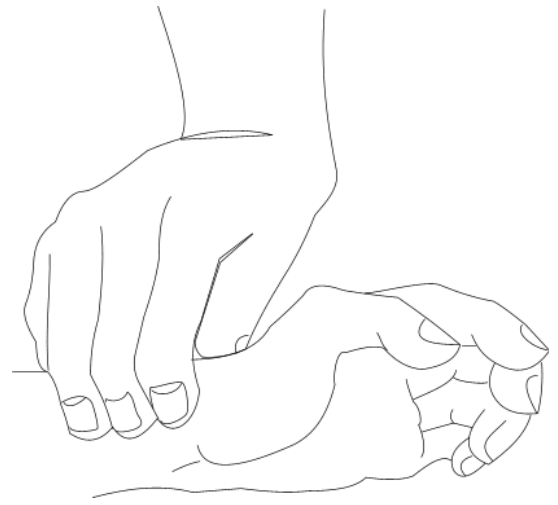
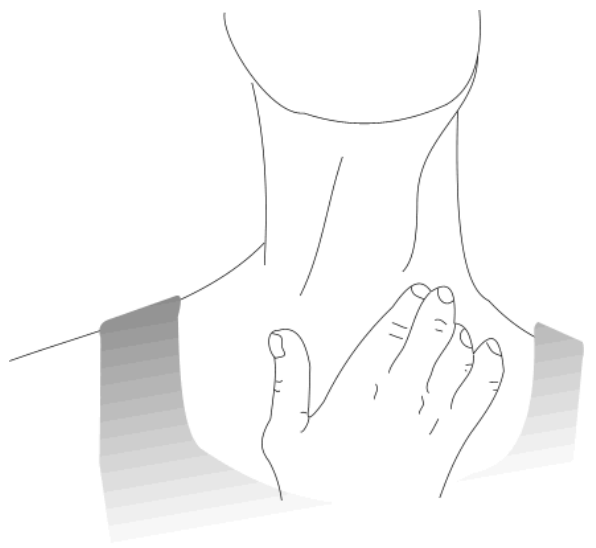




# Pulse rate and exercise

Take your pulse several times  
Is it necessary to take it for a full minute every time?  
If not, how could you do it?

Name	Rate



Show these results in a bar chart

What do these results show?

- Which was the most common range for pulse rate?
- What were the highest and lowest pulse rates?
- Were these very common?
- Is there a difference between boys and girls?

## Factors affecting heart rate

In a class discussion the following statements were made:

**Simon:** 'If I run for 2 minutes it will increase my pulse rate'

**Laura:** 'If I run for 3 minutes it will increase more and take longer to get back to normal.'

**Sajeed:** 'If I exercise harder my pulse rate will increase more'

**Ben:** 'My pulse rate will not just keep going up and up'

**Oscar:** 'Some exercises will increase my pulse rate more than others'

Your task is to select ONE of these statements and investigate whether it is true or not

Which statement are you investigating?

What do you think you will find out and why do you think this?

How are you going to test your prediction?

What equipment will you need? What will you be measuring?

How many measurements will you take?

Will you use only one person?

How will you record the results?

How will you display the results?

## What do the results show?

What can you say from the results you have obtained?

Do these results support your prediction?

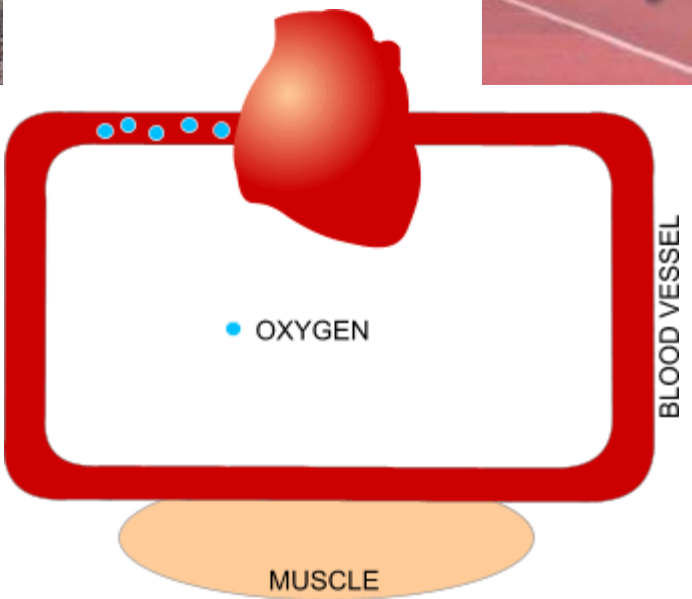
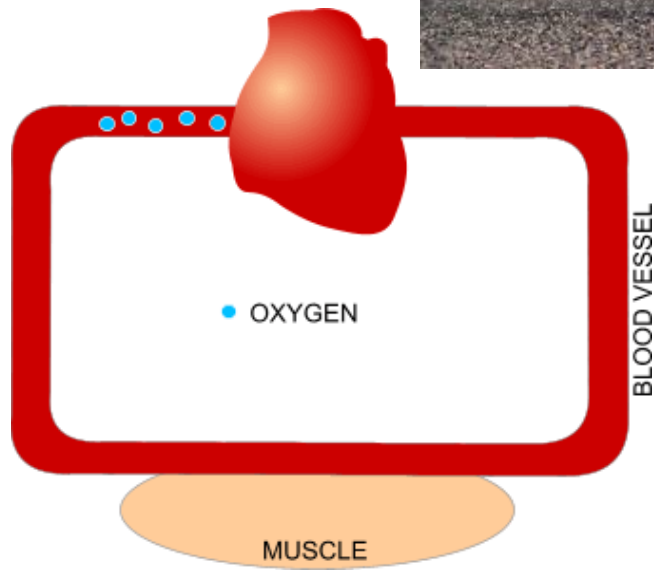
Can you explain why the heart does what you have found it to do?



Resting



Exercising



# Harmful Substances

What is a drug?

**Any substance which changes our physical or mental state.**

List as many drugs that you can think of:

Drug
e.g. Alcohol



Side effects of drugs

Drug/Substance	Effects

## Medicines

Medicines are also drugs but are designed to have beneficial effects.

They can also have some bad side effects and should only be taken as directed by a doctor.

Your task is to create a poster or a leaflet which explains the effects of one type of substance abuse, e.g. alcohol, tobacco

Concept Map

