

Unit 5A: Keeping Healthy



Learnanywhere

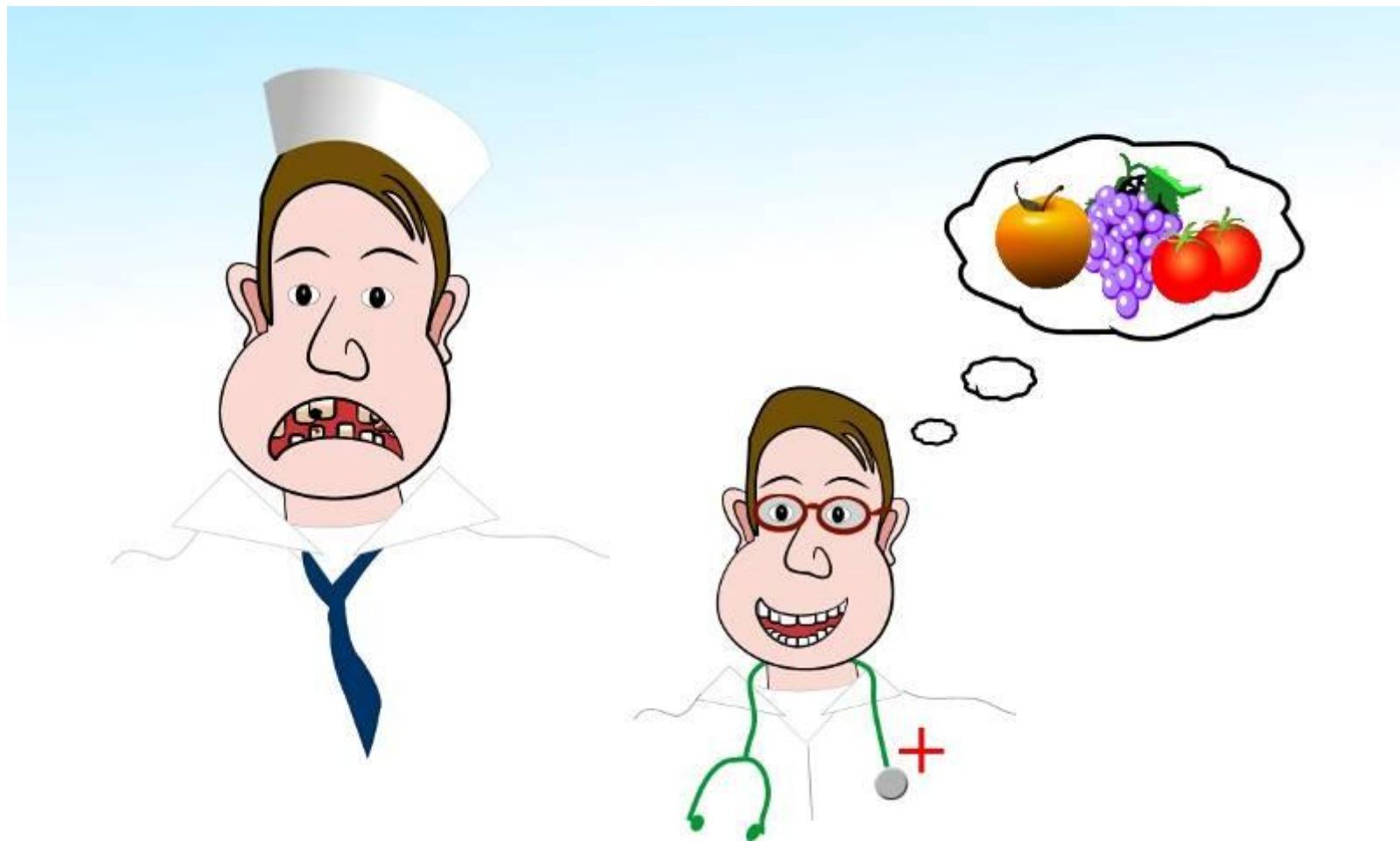
Keeping Healthy

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		

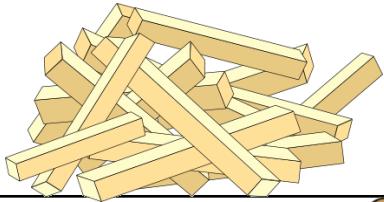
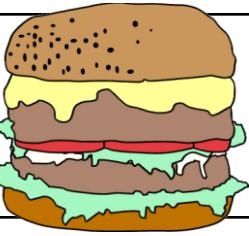
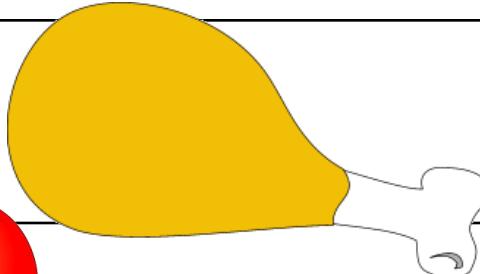
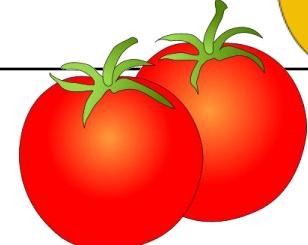
Statement	True	False
Sportspeople must eat as healthily as possible	✓	
Meat and fish are energy foods		✓
You should clean your teeth at least twice a day for 2 minutes	✓	
Fruit and vegetables are not necessary in a healthy diet		✓
Your bones grow as you get older	✓	
Bones can bend but they won't break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

Some useful words

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

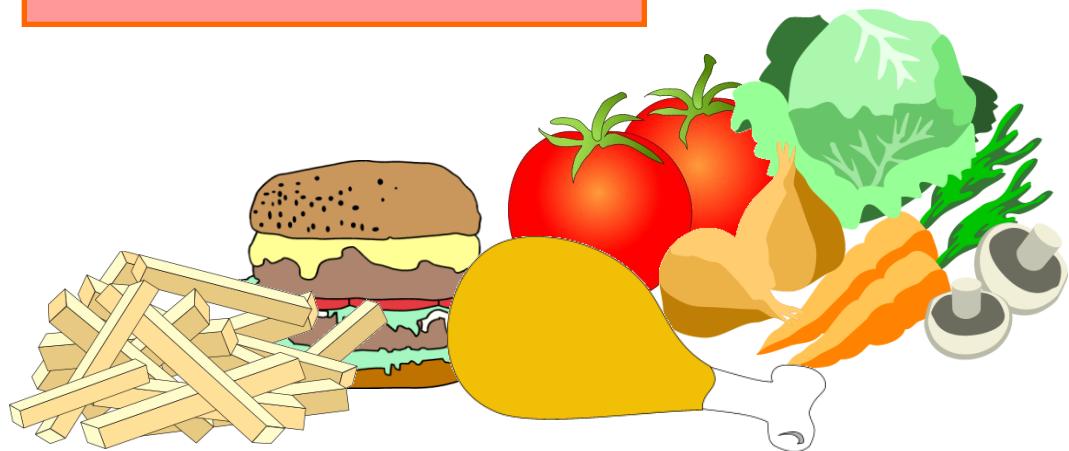
Growth Food

Fatty food

Food with lots of sugar

Fruit & Veg

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



Exercise



Breathing gets faster

Feel hotter

Feel tired

Heart beats faster

Start to sweat



Breathing slows down

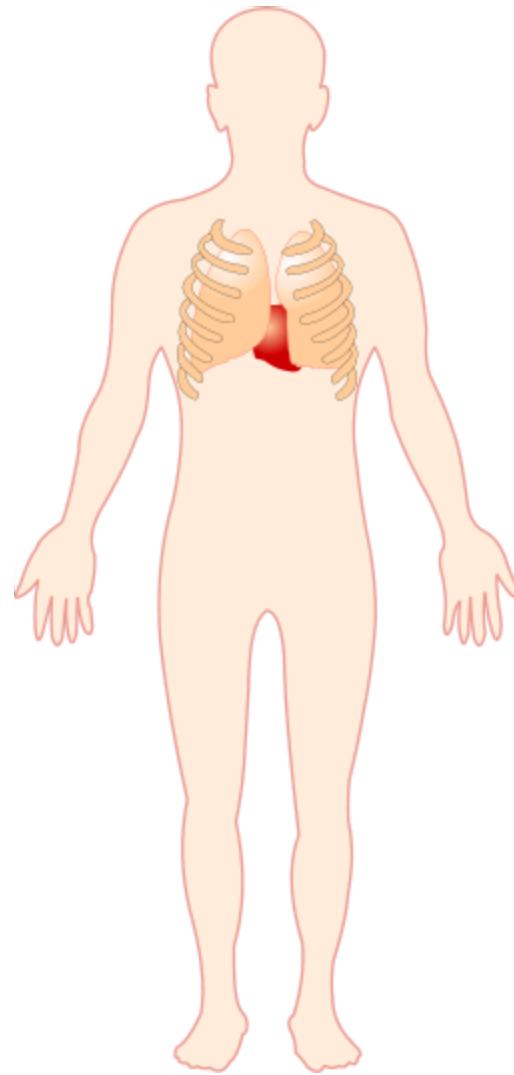
Feel hot but start to cool

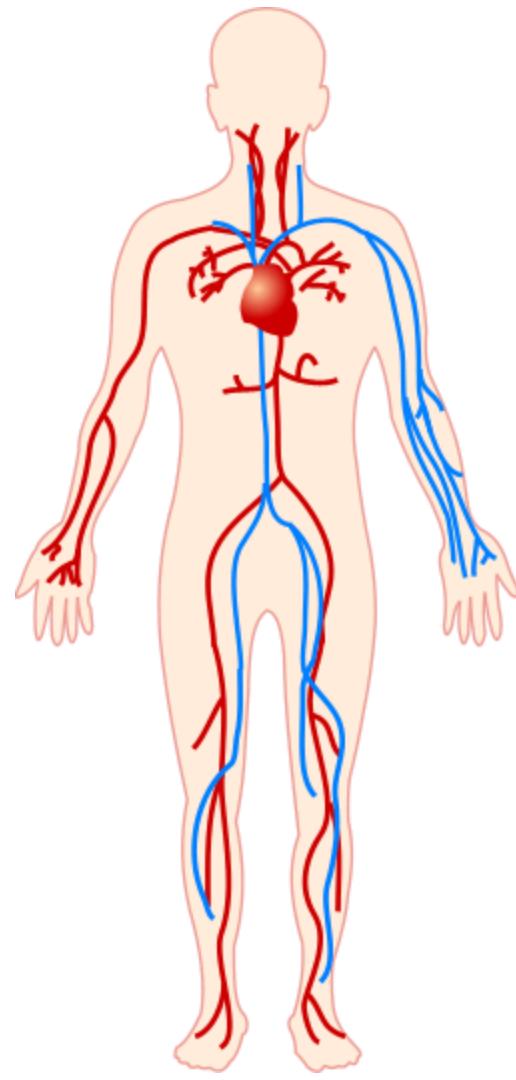
Feel tired

Heart rate slows down

Sweating stops

The Heart and Lungs





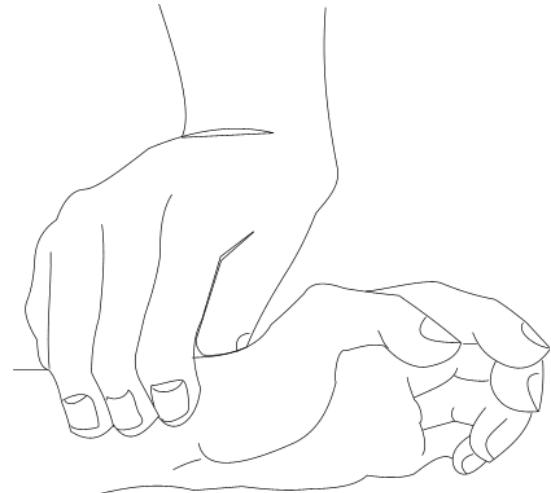
Pulse rate and exercise

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?

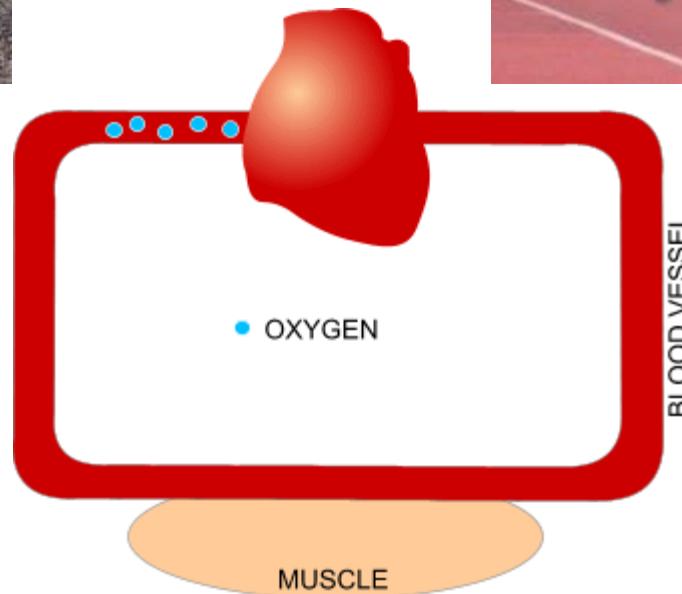
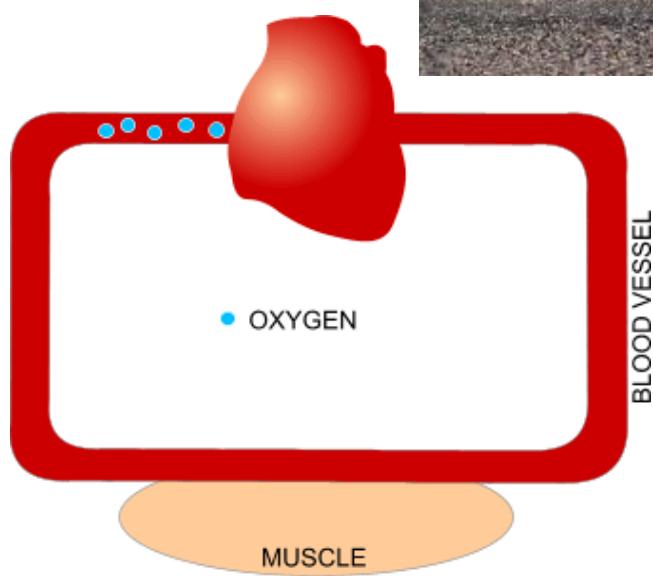
Do these results support your prediction?

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

