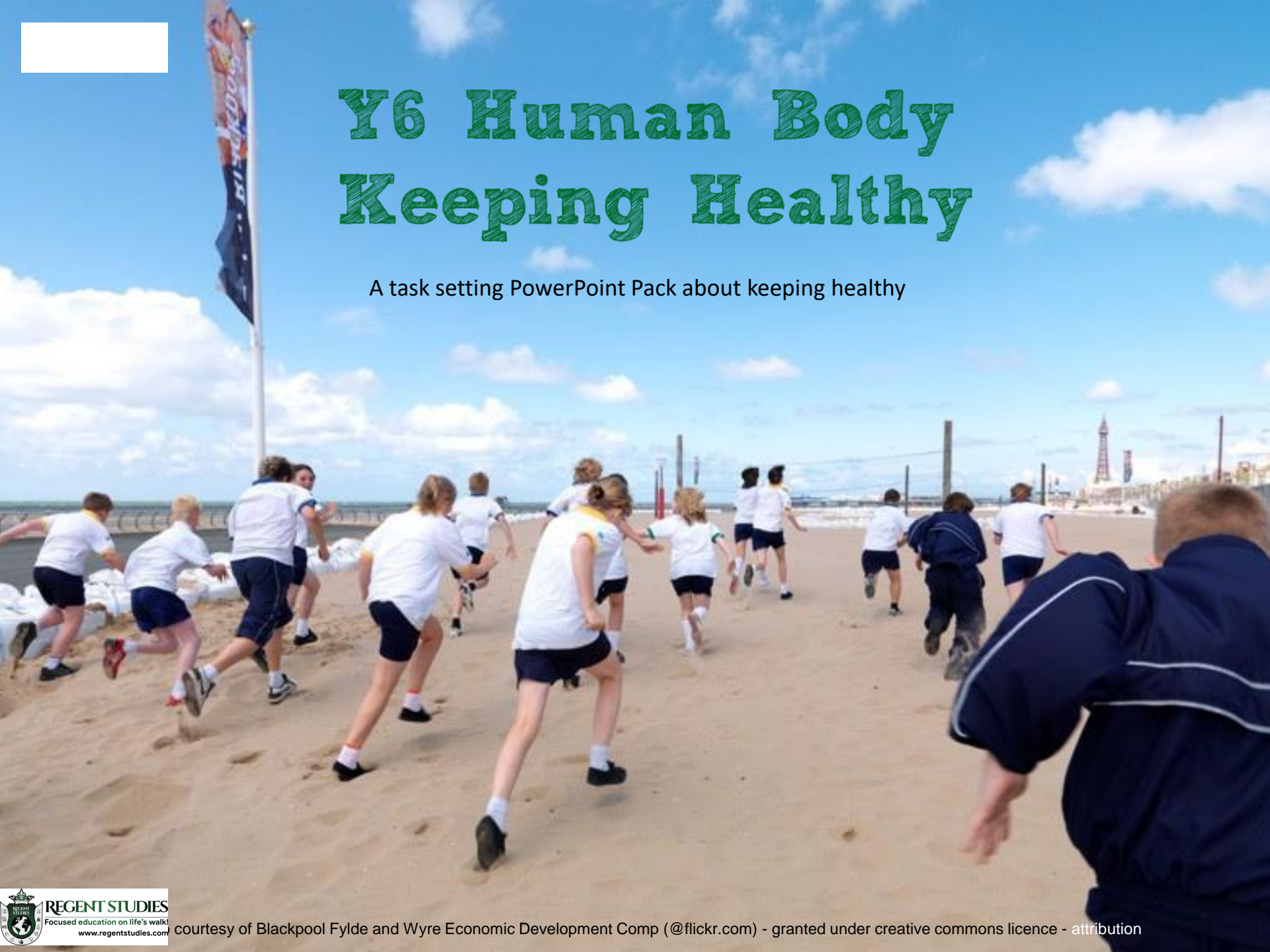


Y6 Human Body Keeping Healthy

A task setting PowerPoint Pack about keeping healthy



Contents



Healthy
Diet



Drugs



Exercise

LO: to understand the importance of a healthy diet

What do you know?

- Which healthy and unhealthy foods and drink do you know about?
- Can you name any different food types?
- Why do we need to eat healthily?
- Do you know how different foods help us stay healthy?

The Main Food types

- Fruit and vegetables
- Bread, rice, potatoes
- Meat, fish, eggs, beans
- Milk and dairy
- Fatty foods/ drinks

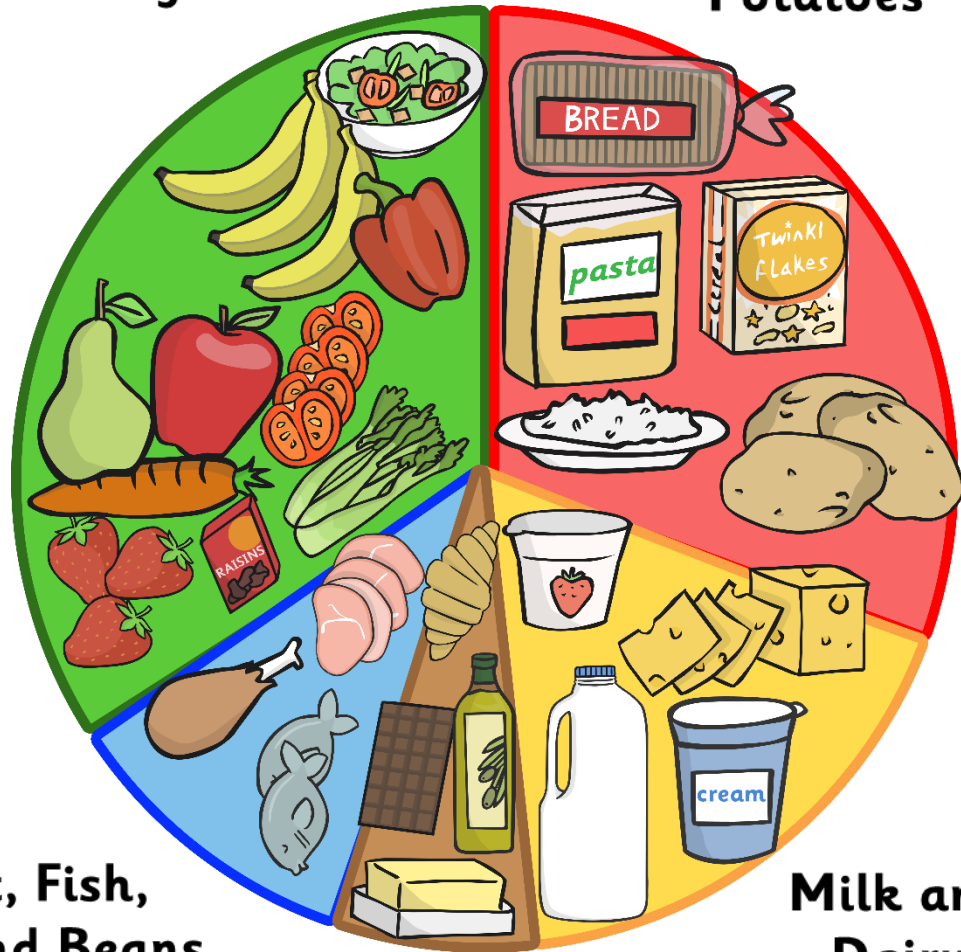
Fruit and Vegetables

Bread, Rice and Potatoes

Meat, Fish, Eggs and Beans

Milk and Dairy

High Fat



Fruit and Vegetables

- What is 5 a day?
- Why 5 a day?
- What counts in the 5 a day?
- Can you plan 5 a day?
- How would you promote 5 a day?



Bread, Rice and Potatoes

(and other starchy foods)

- Main source of carbohydrates
- Starchy foods are a good source of energy.
- Starchy foods should be about one third of your diet. (NHS)



Meat, Fish, Eggs and Beans

- Important source of protein, fibre, minerals and vitamins
- Why is it recommended we eat fish twice a week.
- If you don't eat meat, what should you eat instead?



Milk and Dairy

- Good sources of protein and calcium (a mineral)
- Why should young children drink full fat milk, but as we get older, we should drink semi-skimmed or skimmed milk?



Fatty Foods and Drinks

- Why do we need fat in our diet?
- What are the problems with fat in our diet?
- Are there different sorts of fat?
- How much and what sort of fat should we try to eat?



Sugar

- Why do we need sugar in our diet?
- What are the problems with sugar in our diet?
- What foods contain sugar?
- How can we avoid eating too much sugar?



Use the information provided and your own research to understand the importance of a healthy diet



- Record your diet over a period of time. Could you make any changes to make it more healthy?
- Make a leaflet or poster to persuade people to eat healthily.
- Using ideas about why it can be difficult to eat healthily, write a letter to someone in authority with ideas of how to overcome these difficulties.
- Write a list of questions you still have about healthy eating.

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LO: to understand the importance of exercise

- Why do we need exercise?
- What happens in our bodies when we exercise?
- What sorts of physical activity are there and how do they help us?
- Are there any problems that exercise can cause?



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Useful Link <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

The Benefits of Exercise

- Reduces risk of illness and early death
- Helps bones and muscles to be strong
- Can make people feel good about themselves



Useful Link

<http://www.nhs.uk/Livewell/fitness/Pages/whybeactive.aspx>

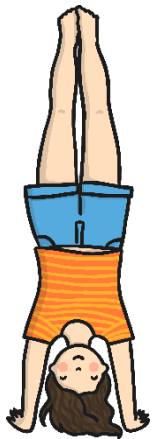
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Different Types of Exercise



- Aerobic
- Muscle-strengthening exercise
- Bone strengthening exercise
- Do you do each of these exercises each week?



Useful Link

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

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How much exercise do we need?

- Why do we need exercise?
- What happens in our bodies when we exercise?
- What sorts of physical activity are there and how do they help us?
- Are there any problems that exercise can cause?



Useful Link

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

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LO: to understand the importance of exercise on the heart

Discuss the answers to these questions in pairs or groups.
Record your thoughts individually or as a class.

- What happens to your heart rate when you exercise?
- What happens to your heart rate when you stop exercising?
- How do you measure your heart rate?

This website from the Wellcome Trust may help.

Useful Link

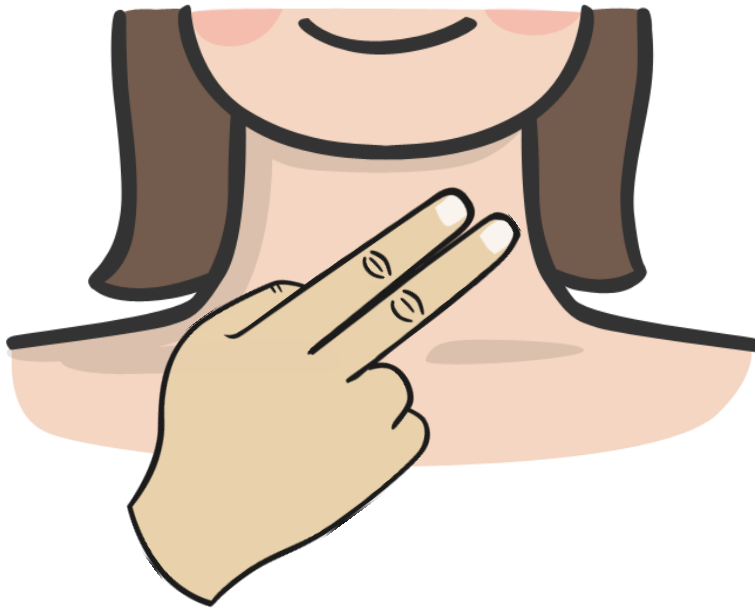
<http://www.getinthezone.org.uk/schools/ages-4-11/ages-9-11/game-the-pulse/>

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Your Pulse

One way to measure heartbeat is by measuring what we know as the pulse.
The best places to measure the pulse are the wrist and the neck.
Do not use your thumb, because it has its own pulse that you may feel.



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Your Pulse

There are a number of electronic devices which can measure heart beat.
Some are standalone devices like the watch below.
Others can be attached to a computer, both during or after collecting data.



Photo courtesy of IvyMike (@flickr.com) – granted
under creative commons licence - attribution



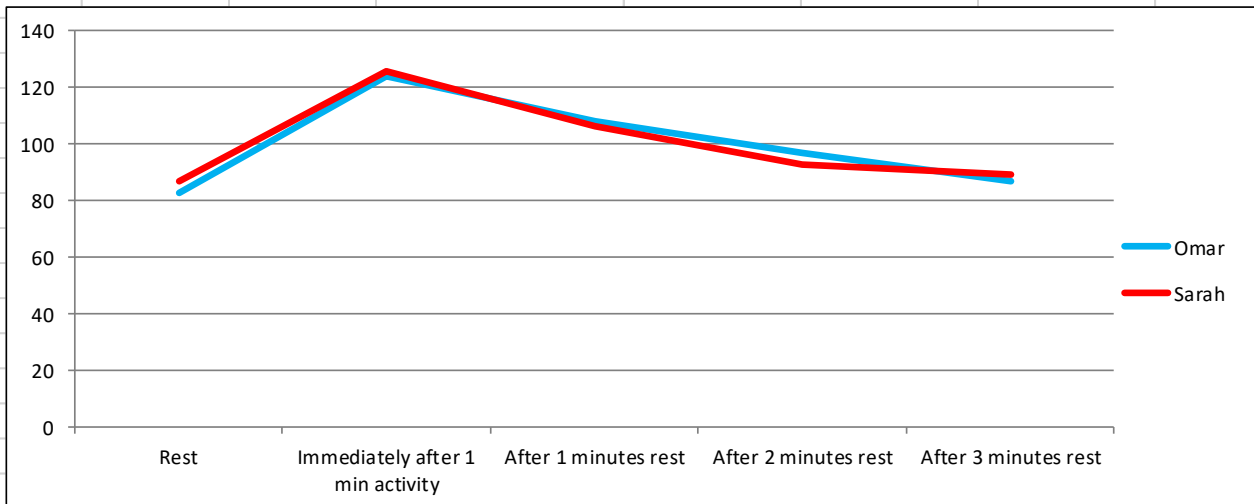
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How will you record your results?
Here is an example of a table and chart you could use.

Name	Rest	Immediately after 1 min activity	After 1 minutes rest	After 2 minutes rest	After 3 minutes rest
Omar	83	124	108	97	87
Sarah	87	126	106	93	89

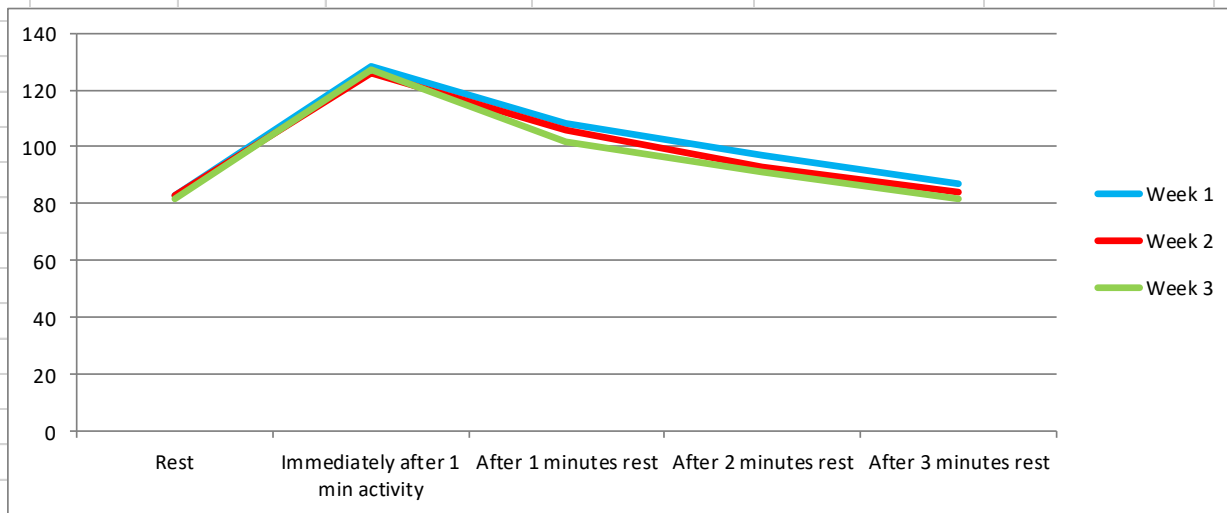


What does this graph tell you? What do your results tell you?



How will you record your results?
Here is an example of a table and chart you could use.

Week	Rest	Immediately after 1 min activity	After 1 minutes rest	After 2 minutes rest	After 3 minutes rest
Week 1	83	128	108	97	87
Week 2	83	126	106	93	84
Week 3	82	127	102	91	82



What does this graph tell you? What do your results tell you?

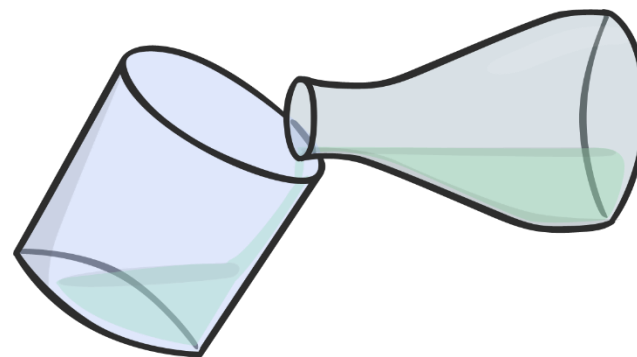


LO: to carry out a fair and reliable investigation

This learning objective reminds children of key scientific skills when carrying out an investigation.

Fairness:

- How do you make your test fair?
- What might make your test unfair?



Reliability

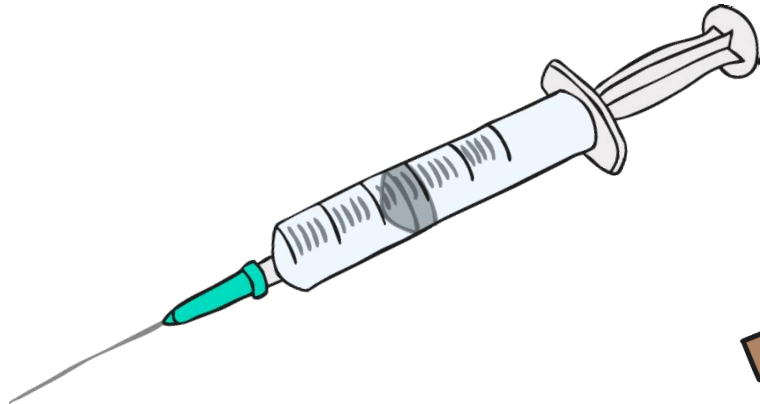
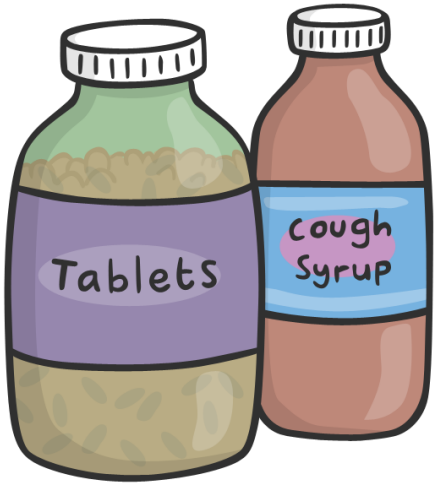
- How do you make your test reliable?
- When repeating a test what do you need to do to make sure the test is reliable?

← BACK

LO: to understand the effects of drugs on the human body

- What are drugs?
- Do you know the names of any drugs?
- Can you explain the effects of any drugs on the human body?
- How are drugs made available to people who want them?
- Can drugs be helpful?
- Why do we need to be careful with drugs?





What We Need to Know About Drugs

- All drugs make changes to the human body.
- Medicines are drugs which we use to treat a disease or illness.
- Some medicines are restricted in their use.
- Recreational drugs are ones which can make people feel good.
- Some recreational drugs are legal, but are restricted by age.
- Some recreational drugs are illegal.

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BACK

A blue arrow pointing to the right with the word "NEXT" written inside it in white capital letters.

NEXT

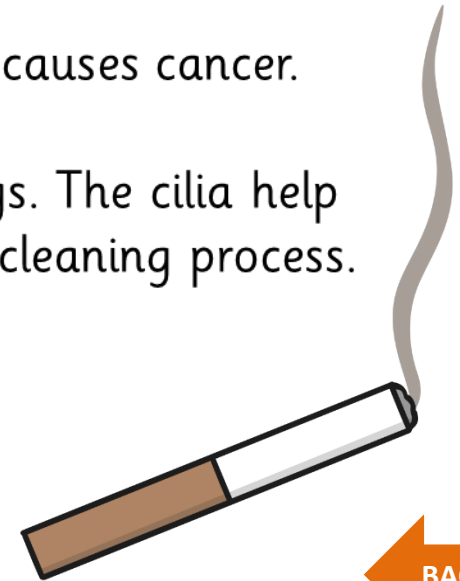
The main effects of alcohol on the body are:

- Alcohol is a depressant, which means it slows down the brain
- Alcohol is a diuretic, which means it makes drinkers go to the toilet more.
- Short term effects can be sleepiness, blurred vision, impaired judgement and balance.
- Alcohol is associated with many diseases, particularly drinking too much and over a long period of time.



The main effects of smoking on the body are:

- Tobacco smoke contains many harmful substances, including tar, nicotine and carbon monoxide.
- The tar coats the mouth, throat and lungs and causes cancer.
- The smoke and tar destroys the cilia in the lungs. The cilia help clean the lungs so destroying them hinders the cleaning process.



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The main effects of smoking on the body are:

- Nicotine is an **addictive** drug. It causes the user to want to smoke more.
- Nicotine increases the heart rate and blood pressure, so can cause heart disease.
- Carbon monoxide takes the place of red blood cells, which means the blood carries less oxygen to the body. This can make smokers have less energy and cause heart disease.



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The main effects of illegal drugs on the body

There are a number of illegal drugs which people take. Here are some of them and how they are taken:

- **Cannabis** is a plant which is usually dried and smoked.
- **Cocaine** is a white powder which is usually snorted through the nose, but can be swallowed or injected.
- **Ecstasy** is usually swallowed in the form of a pill.
- **Heroin** is made from the poppy plant and comes as a brown-white powder which is usually smoked or injected.

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The main effects of illegal drugs on the body

As children grow up, they can be faced with having to make decisions in situations where doing what they want to do, is not what some of their friends are doing.

In groups you are tasked with setting up a situation where another child is challenged to participate in an activity in which they don't want to join in.

In turn children from your class will join your role play activity.

At the end of the activity discuss how you felt when you played the different roles. What difference has it made to how you might respond if you were faced with this situation in real life?



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Example Scenarios

- 4 children gather together. They are to persuade another 2 children to eat some sugary sweets.
- The 4 children have a few minutes to think of how they will try to persuade the other 2 children to eat the sweets.
- The rest of the children will try to think of why they shouldn't eat the sweets.
- Choose 2 children to join the role play.



THE END