



Animals Including Humans:

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

You Are What You Eat... and Do!

It's obvious, if you don't look after a car and don't put in the right petrol, it's not going to work properly.

What many people do not realise is that our body is the same and what it becomes depends on how we choose to treat it.

We need to think carefully about the areas of diet, exercise, drugs and lifestyle, as these are the things that can have an impact on your body.



The Effect of Your Diet



The word 'diet' simply means all the food and drink you choose to put into your body.

People can have a healthy diet or an unhealthy diet. Some people have a special diet, perhaps because they are diabetic, have coeliac disease, are vegetarians or because they need to lose weight.

Your body is set up to be the best with a certain diet.

The Effect of Your Diet

The standard healthy diet for a person with no medical needs (such as diabetes) contains a balanced mix of different types of food and drink highlighted in the Eat-well Plate.



Click on each area to find out more...

The Effect of Exercise

Doing one hour of exercise per day has a huge positive effect on your body.

Exercise = better blood circulation, better stamina and fitness, stronger bones and a whole host of other benefits.



Choosing the Right Exercise

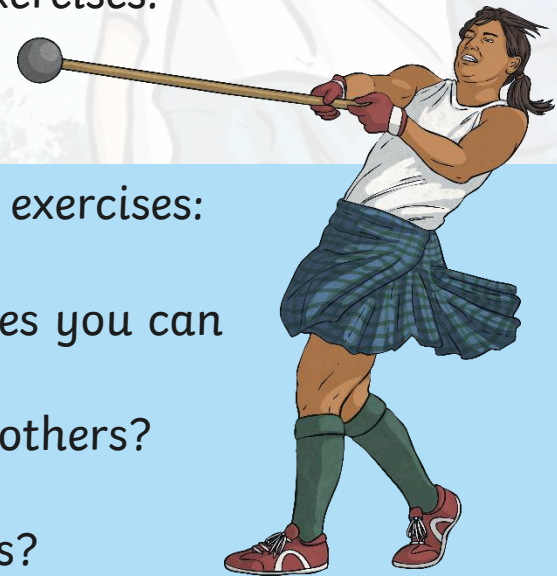


Find an exercise you enjoy, otherwise you will not want to do it and it will become associated with negative feelings.

There are many benefits to a variety of exercises, including increasing energy, improving mood, and strengthening muscles.

Questions when choosing some exercises:

- Do you enjoy playing games? (Often in games you can forget you are actually exercising!)
- Do you enjoy working on your own or with others?
- Are you competitive?
- Do you like calm things or very active things?



What Is a Drug?



A 'drug' is something that you eat or drink that has an effect on your body. This effect can be good or bad.

It is important that you follow the advice of doctors and responsible adults when taking a drug as even medicines have to be taken in a particular way to keep them safe.

In America, a pharmacy is actually called a 'drugstore' but in the UK 'good drugs' or drugs that help the body are called medicines or pharmaceuticals.

The Effect of Drugs

Drugs can be medicines that are helping your body but they can also be substances, such as alcohol or chemicals found in cigarettes, that have a very bad effect on your body.

Doctors prescribe drugs (medicines) to people to help them overcome an illness. This is fine and actually helps your body.

The drugs that have a bad effect on someone's body can also make people think that it is having a good effect. On top of this, they can also make someone's body want more of that drug and this is where someone can become addicted.



The Effect of Lifestyle

Lifestyle means the way you live your life and this could be anything from your hobbies to what you enjoy doing as a family.

People can forget that just a few simple changes to lifestyle can make changes to your body.



Your lifestyle choices could be influenced by television adverts and programmes and peer pressure. Be brave and make the right decisions for you.

Thinking about Lifestyle

Discuss these scenarios:

If someone rewarded themselves with sweets and cakes every time they did something good, what effect would this have on their body compared to if they had rewarded themselves with an adventure in the woods?



If a family spent a lot of time watching television and eating takeaways, how would this be different to a family who played tennis together or went roller skating together in the evenings?



Remember, a healthy lifestyle is about keeping a good balance!



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