

# Year 6 Healthy Lifestyle Knowledge Organiser

## Science Vocabulary Dozen

<b>Drugs</b>	A medicine or substance that has an effect on the body.	<b>Diet</b>	The type of food people eat.
<b>Tobacco</b>	A product usually smoked that contains chemicals that affects the body and is addictive.	<b>Healthy</b>	A good physical and mental condition.
<b>Side effects</b>	Unwanted feelings or symptoms.	<b>Obese</b>	Overweight with a lot of body fat and mass.
<b>Prescribed</b>	Advised or authorised to use/take.	<b>Nutrition</b>	Obtaining the food necessary for health and growth.
<b>Addictive</b>	Repeatedly doing or using something.	<b>Nicotine</b>	A poisonous chemical found in tobacco.
<b>Recreational</b>	Doing something for enjoyment.	<b>Alcohol</b>	A liquid that can change behaviours and affects the body.

## Diet and Lifestyle

Fatty, rich foods can clog **arteries** and **veins**, preventing **blood** for delivering what is needed.

Exercise can improve the health of a person by removing **fatty deposits** from the body.

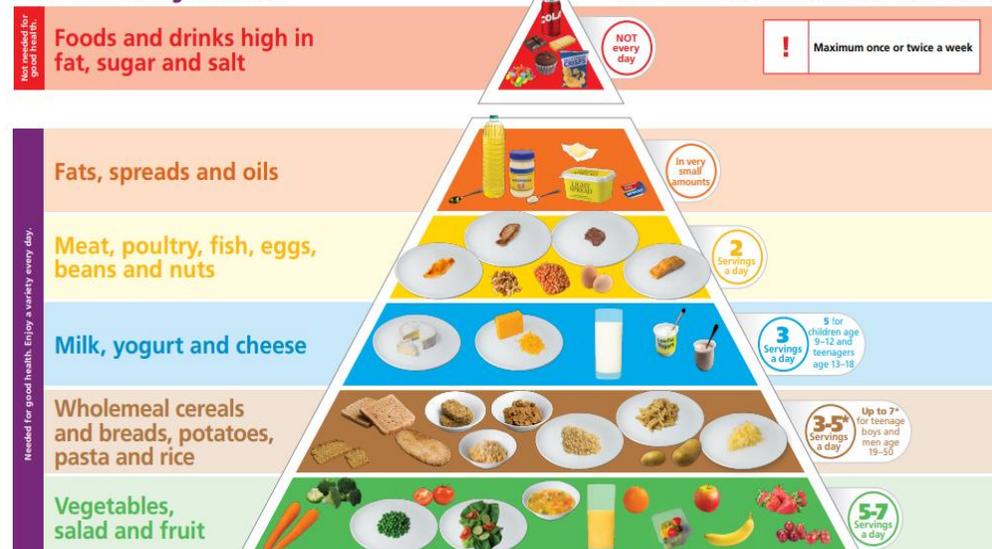
Some exercises are classified as **cardiovascular**, and are designed to improve the fitness or the overall **circulatory system** by strengthening the **organs** and **pulse rate**.

To lead a **healthy lifestyle** children are advised to:

- **Sleep for 8-10 hours' per night**
- **Drink 2 litres of water per day**
- **Partake in at least 1 hour of exercise per day**
- **Take part in activities that reduce stress and keep a healthy mind, such as being in the fresh air; face to face social contact and thinking positively**
- **Spend limited time on technology**
- **Limiting fizzy, sugary drinks replacing them with water and milk**
- **Only have two 100 calorie snacks each day**

## The Food Pyramid

For adults, teenagers and children aged five and over



Key Vitamins and minerals:	Foods rich in these vitamins and minerals:	Benefits:	People with diets deficient in these, could suffer from:
<b>Vitamin B</b>	Red meat, broccoli, spinach, banana, brown rice	Breaks down energy from foods Keeps eyes, skin and nervous system healthy	Tiredness, constipation, weight loss, weakness
<b>Vitamin C</b>	Spinach, broccoli, red meat, lentils, grains	Regulates blood pressure, Helps fight heart disease Help white blood cells function	Tiredness, weak hair, joint pain
<b>Vitamin D</b>	Red peppers, spinach, tomatoes, blackcurrant, butternut squash	Supports the immune system, Regulates insulin levels Supports lung function	Bone pain and weakness, muscle pain
<b>Iron</b>	Tuna, Salmon, cheese, eggs, milk, mushrooms	Supports red blood cells in carrying oxygen	Body can't produce enough healthy red blood cells, tiredness
<b>Calcium</b>	Milk, cabbage, broccoli, cheese, soya beans	Helps build strong bones and teeth Regulate muscles contractions including the heartbeat.	Deterioration in bones and teeth, blood unable to clot

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<b>Diet</b>	The type of food people eat

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To lead a healthy life style children are advised to have;

-8-10 hours' sleep per night

-2 litres of water per day

-At least 1 hour of exercise per day

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-Change healthy lifest

-vitamins and mineral:

Diet and Lifestyle	
	Fatty rich foods can <b>clog</b> arteries and veins, preventing blood from delivering what is needed.
	Exercise can improve the health of a person by removing <b>fatty deposits</b> from the body.
	Some exercises are called <b>cardiovascular</b> , and are designed to improve the fitness of the overall circulatory system by <b>strengthening</b> the organs and <b>pulse rate</b> .

[https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/M9617-DEPARTMENT-OF-HEALTH\\_Food-Pyramid-Poster\\_Simple-Version-NEW.pdf](https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/M9617-DEPARTMENT-OF-HEALTH_Food-Pyramid-Poster_Simple-Version-NEW.pdf)

<https://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-Food-Pyramid.aspx>

<https://slideplayer.com/slide/9936001/> -watch this to learn more about substances.

To lead a healthy life style children are advised to have:

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