



Topic: Animals, including humans (Diet and exercise)

Year:6

Term:3

Background Information

- To know that
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
 - learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.

Interesting facts

- Listening to music when exercising can improve your work out performance by 15%.
- Exercise that increase your heart rate helps create new brain cells. This improves brain-power and activity.
- Exercising regularly helps boost your immune system. This means you'll get sick less often than people that don't exercise.
- Sweat releases dirt through your pores which reduces acne and breakouts.
- Exercise helps to clear your head and helps you feel relaxed and sleep better.

Vocabulary

drugs	A medicine or other substance which has an effect on th body
exercise	Activity requiring physical effort, carried out to <u>maintain or improve health and fitness</u>
harmful	Causing or likely to cause harm
health	Being free from illness or injury
heart rate	The speed at which the heart beats
ingested	Take into the body by swallowing or <u>absorbing it</u>
lifestyle	The way in which a person lives
water	A liquid that froms the seas, lakes, rivers and rain and is the basis of the fluids of living or- <u>ganisms.</u>

Diagrams



Know how to / Activity



Different fruits and vegetables contain different vitamins and minerals. The best way to make sure you are getting all the goodness you need is to eat a colourful mixture – think of a rainbow and try to eat foods that come in all its different colours!