



# How can I improve my health?

National Curriculum link: Animals including humans

Year 6, HT6



Prior knowledge (retrieval practice)

## Key Vocabulary (substantive knowledge)

1	<b>carbohydrates</b>	Like pasta, bread and rice. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs
2	<b>fats</b>	Like Olive oil and butter. These store energy for us.
3	<b>proteins</b>	Like meat, beans and eggs. These build healthy muscles and help our bodies to grow and repair
4	<b>vitamins</b>	Help our immune system e.g. apples, bananas, broccoli.
5	<b>fibre</b>	Helps our digestion.
6	<b>dairy</b>	Like milk, yoghurt and cheese. These give us calcium for strong teeth and bones.
7	<b>saturated fats</b>	These fats can raise your cholesterol levels and increase the chances of you getting heart disease. They can be found in cheese and butter.

8	<b>unsaturated fats</b>	These are good for the heart. They can be found in salmon, avocados, walnuts and vegetable oils.
9	<b>James Lind</b>	James Lind was a Scottish doctor. He was a pioneer of naval hygiene in the Royal Navy. By conducting one of the first ever clinical trials, he developed the theory that citrus fruits cured scurvy
10	<b>balanced diet</b>	Good health involves drinking enough water and eating the right amount of foods from the different food groups carbohydrates, proteins, fats and fibres.
11	<b>scurvy</b>	This is a disease resulting from lack of Vitamin C.
12	<b>solvents</b>	Solvents are usually found in household chemicals that give off fumes. They are things such as glues, hair-spray, gas refills for lighters, paints, thinners and correcting fluids.



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## Key Concepts (substantive knowledge)

Understand the link between diet, exercise and a healthy life style.

Understand what a balanced diet is and what each part of the eat well plate does.

Understand what a healthy menu looks like.

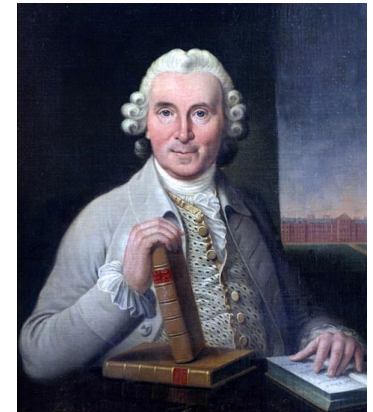
Understand how diet can affect health.

Understand how exercise can affect pulse rate.

Understand the benefits of exercise on the body.

Understand the long term and short term effects of drugs on the body.

Understand the long term and short term effects of smoking on the body.



## Working scientifically (disciplinary knowledge)

Finding things out using a wide range of secondary information

Grouping and classifying things

Carrying out comparative and fair tests

Career Idea:  
Dietician