

# Healthy Living - Science

**Year 6**  
**Spring 1**

## Overview

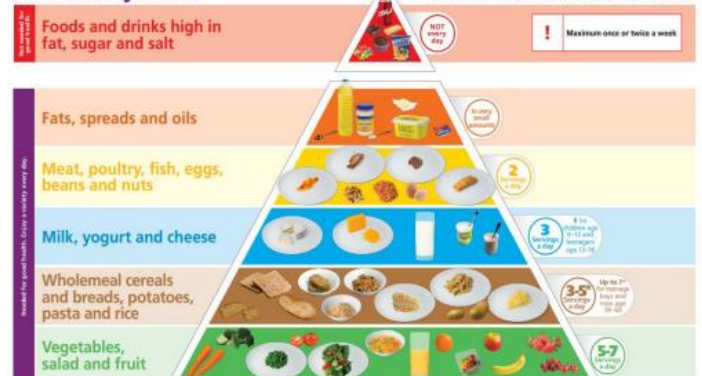
In this topic, we study the human body and what we need to stay healthy. We look at the many negative effects of smoking, vaping and drugs on our body and the positive impact of exercise to our mind and body. We then build on prior learning from Year 5 about how to plan and maintain a healthy lifestyle, with particular focus on our diet.

## Key knowledge - Science

- Understand reasons why smoking is bad for health both physically and mentally. Be able to form constructive arguments to advise others not to smoke based on scientific, factual knowledge.
- Through experimentation as well as learning in the classroom, understand what happens to your body during exercise and be able to explain why this is positive for your body, your health and your mind.
- Identify the major food groups using a food pyramid and eat-well plate diagram and understand why our body needs each food type, what happens if we digest too much of each and what common foods contain each food type.
- Apply scientific knowledge of food groups and food pyramid to creating a healthy, balanced diet showing an awareness of the quantities we should have of each food group within a meal. Children design and make a healthy, nutritionally balanced picnic lunch for an infant child.



### The Food Pyramid



### SCURVY



## Key Vocabulary

<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.