

What should I already know?

- I know the importance for humans of exercise, eating the right amount of different food and hygiene.
- I know that animals including humans need the right type and amount of nutrition. They cannot make their own food; they get nutrition from what they eat.
- I know the simple functions of the basic parts of the digestive system in humans.
- I know the different types of teeth in humans and their simple functions.

Vocabulary

diet	The food and drink that a person
exercise	The activity of exerting your
drugs	Something used to prevent, cure
lifestyle	The usual way of life for a person

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel.

Diet

A healthy, balanced diet can have a huge effect on a person's health. People who eat the right balance of fresh, healthy foods are less prone to chronic illnesses and diseases.

Carbohydrates are used by the body to create glucose, the body's main energy source. Fat is also helpful for energy but too much fat in a person's diet causes them to gain weight. Protein helps to build and repair muscles, but too much can cause indigestion and intestinal problems.

Some conditions are caused by deficiencies in our diet for example a lack of vitamin C can lead to fatigue and depression.



Drugs

A drug is a chemical that has an effect on your body.

Some drugs are prescribed by doctors to make people healthy. Other, illegal drugs can have a dangerous effect on our health.

Alcohol is a depressant. Alcohol can cause damage to the liver and brain. Cigarettes contain nicotine, which is a stimulant, and is addictive. Cigarettes cause damage to the lungs and heart.



Exercise

As we exercise, our muscles need more oxygen. So, we breathe quicker, helping our lungs to take in more oxygen.

Our heart needs to pump blood more quickly to get all of the oxygen around the body. In order to do this, our heart rate increases.

Regular exercise helps our bones and muscles to become stronger. It also helps the heart and lungs to become healthier.

