



Topic Healthy Living	Year: 6	Strand: Biology																																
What Should I Already Know?	Main Information	Vocabulary																																
<ul style="list-style-type: none"> The basic needs of animals for survival (water, food, air) The importance of exercise, hygiene and a balanced diet. What medical and legal drugs do I know about, and what are their effects? Who uses and misuses legal drugs? Why do some people need medicine and who gives it? What are the safety rules for storing medicine and other risky substances? What should I do if I find something risky, like a syringe? <p>Investigate: Choosing from a selection of brands/types, which is the healthiest option. (Children choose a food type eg. Cereal, healthy food bar, biscuit, small wrapped cake, bottled drink) and investigate sugar content per 100g , examining food labels.</p> <p>Scientific skills: Pupils can plan and carry out an enquiry, controlling variables. They can interpret information from packaging and use scales accurately. They can present results in visual and graphical form and explain their findings.</p>	<p>What will I know by the end of the unit?</p> <p>Know the impact of diet and exercise on human health</p> <ul style="list-style-type: none"> Know what leads to a healthy lifestyle Examine our own lifestyles Investigate healthy eating options by studying food labels and discussing content of food. <p>Choices that can harm the human body</p> <ul style="list-style-type: none"> Know that choices, such as smoking and drinking alcohol can be harmful to our health. Recognise situations when drugs and alcohol could be harmful. Identify risk in a range of situations and assess it for myself and others. <p>Drugs</p> <ul style="list-style-type: none"> Know about different categories of drugs including medicines. Tobacco can cause short-term effects such as shortness of breath, difficulty sleeping and loss of taste and long-term effects such as lung disease, cancer and death Suggest a number of reasons why a variety of people might choose to use drugs <p>Alcohol</p> <ul style="list-style-type: none"> Understand what alcohol is and which drinks are alcoholic. Alcohol can cause short-term effects such as addiction and loss of control and long-term effects such as organ damage, cancer and death. 	<p>Vocabulary</p> <table border="1"> <tr> <td>alcohol</td> <td>a clear liquid that burns easily and can be made from certain grains and fruits. Alcohol is present in such drinks as beer, wine, and whiskey.</td> </tr> <tr> <td>diet</td> <td>a unit for measuring the amount of energy that a food can produce when taken into the body.</td> </tr> <tr> <td>calories</td> <td>A compound that is formed by plants, and it is used in the body to easily produce and store energy.</td> </tr> <tr> <td>carbohydrates</td> <td>Sugars and starches are carbohydrates. the food and drink usually eaten and drunk by a person</td> </tr> <tr> <td>drugs</td> <td>a substance that causes a chemical change in the body</td> </tr> <tr> <td>exercise</td> <td>activity done to keep the body or mind strong or to make them stronger.</td> </tr> <tr> <td>fats</td> <td>a white or yellow oily substance found in some parts of animals or plants.</td> </tr> <tr> <td>food</td> <td>anything that contains nutrients and is eaten by living creatures in order to maintain life, health, and growth.</td> </tr> <tr> <td>impact</td> <td>a strong and powerful effect.</td> </tr> <tr> <td>legal/illegal drugs</td> <td>a substance used to cure or heal/a substance which is against the law to supply or take.</td> </tr> <tr> <td>medicines</td> <td>a drug or other substance used to treat a disease, injury, pain, or other symptoms.</td> </tr> <tr> <td>minerals</td> <td>a substance formed in the earth that is not of an animal or a plant</td> </tr> <tr> <td>proteins</td> <td>proteins are found in all living things and are a necessary part of life processes.</td> </tr> <tr> <td>sugar</td> <td>a sweet substance in a crystal form that comes mainly from sugar cane and sugar beets. Sugar is used to flavor, preserve, and ferment food.</td> </tr> <tr> <td>vitamins</td> <td>one of a number of natural or human-made substances needed for the health and normal working of the body.</td> </tr> <tr> <td>water</td> <td>a clear liquid that has no taste or odour which is a requirement for most forms of life.</td> </tr> </table>	alcohol	a clear liquid that burns easily and can be made from certain grains and fruits. 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Weston Turville CE School – Science Assessment



Topic: Healthy Living

Year: 6

Strand: Biology

Question 1:	Start of unit:	End of unit:

Question2:	Start of unit:	End of unit:

Question3:	Start of unit:	End of unit:

Question 4:	Start of unit:	End of unit:

Question 5:	Start of unit:	End of unit:

Question6:	Start of unit:	End of unit:

Question 7: Which of these can harm our bodies? Tick two.	Start of unit:	End of unit:
smoking		
all drugs		
alcohol		
exercise		

Question 8:	Start of unit:	End of unit:

Question 9:	Start of unit:	End of unit: