

# Year 6 – Healthy living

## Y6 – All living things

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

### Prior learning

- describe the simple functions of the basic parts of the digestive system in humans
- identify the different types of teeth in humans and their simple functions

### Future learning

#### KS3 - Nutrition and digestion

- the content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed
- calculations of energy requirements in a healthy daily diet
- the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases
- the tissues and organs of the human digestive system, including adaptations to function and how the digestive system digests food (enzymes simply as biological catalysts)
- the importance of bacteria in the human digestive system

## Key Vocabulary

**Drug** - A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.

**Alcohol** - A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.

**Nutrients** - Substances that animals need to stay alive and healthy.

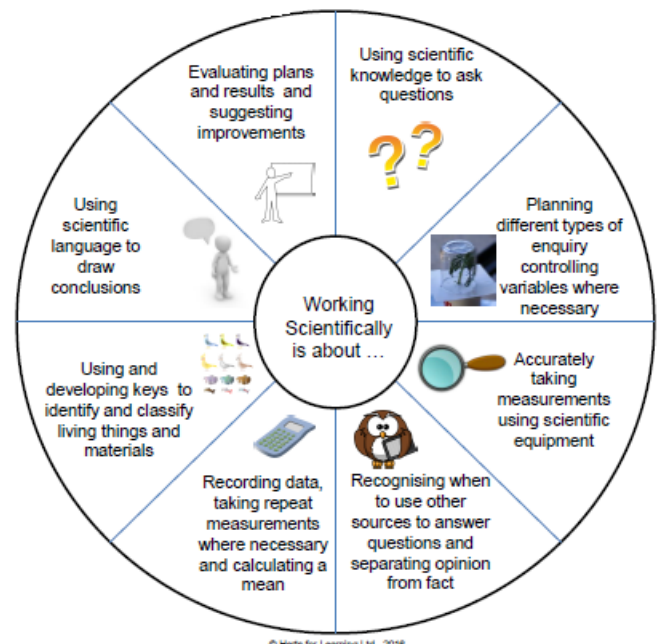
## Key Knowledge.

Drugs, alcohol and smoking have negative effects on the body.

A healthy diet involves eating the right types of nutrients in the right amounts.

Regular exercise:

- strengthens muscles including the heart muscle;
- improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;
- strengthens bones. It can even help to stop us from getting ill.



tobacco



alcohol



drugs