



Nutrients

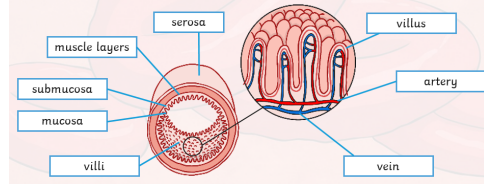
What are nutrients and how do they travel through the blood to where they are needed?



Vitamins
Carbohydrates
Proteins
Fibre

Minerals
Fats
Water

- Nutrients are absorbed into the blood in the small intestine.
- There are tiny hair-like villi that help this process happen.
- The nutrients are carried in the blood to the different parts of the body that need them.



What makes a balanced diet?

fruits and vegetables
provide us with minerals and vitamins, such as vitamin C and iron



carbohydrates
give us energy; some carbs contain fibre which helps keep our digestive system healthy

protein
helps the body to grow and repair itself

fat and sugars
provide us with energy and help us insulate against the cold

dairy
provides us with calcium

Our diet is what food we eat to give us energy. Adults and children need lots of energy to help them keep moving and keep their bodies healthy!

Children also need food to help them grow.

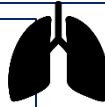
To be healthy, we need to make sure that we eat a healthy, balanced diet.

This means that we should be eating a variety of foods. We need to ensure we absorb all the nutrients and vitamins that our bodies need.

Drugs and Alcohol

Recognise the effects of drugs and alcohol on the body

Smoking - Smokers' lungs are damaged from the buildup of dangerous substances that are being inhaled. Smokers may also have difficulty breathing as parts of the lung become more damaged, so they cannot do their job properly.



Alcohol - can affect your judgement, simple movements, control over your mouth muscles, memory, behaviour and you may feel ill when the effects of the alcohol wear off.

Effects of exercise on the body

What is the effect of different foods on exercise?

Working Scientifically:

How do we make sure our test is fair.

What is our independent variable (changes) and our dependent variable (controlled)?

- Aim:
- Prediction:
- Variables:
- Method:
- Results:

Vocabulary Tier 2

Heart
Blood
Transported
Water
Diet
Exercise
Drugs
Lifestyle



THINK IT.



LIVE IT.



BELIEVE IT.

Vocabulary Tier 3

Pulse rate
Blood vessels
Lungs
Oxygen
Carbon dioxide
Nutrients
Muscles
Circulatory System