

Healthy Living - Science

Year 6
Spring 1

Overview

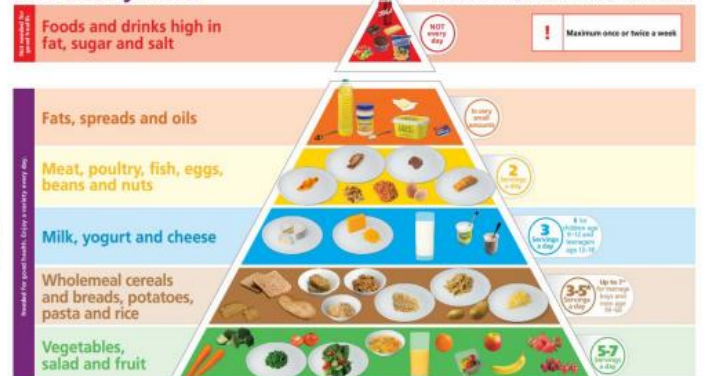
In this topic, we study the human body and what we need to stay healthy. We look at the many negative effects of smoking on our body and the positive impact of exercise to our mind and body. We then build on prior learning from Year 5 about how to plan and maintain a healthy lifestyle, with particular focus on our diet. After learning about the various food groups and their properties, we apply our scientific knowledge to D.T. and plan and cook our own healthy pizzas!

Key knowledge - Science

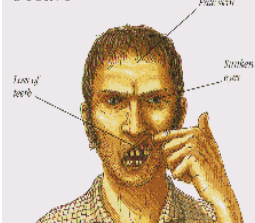
- Understand reasons why smoking is bad for health both physically and mentally. Be able to form constructive arguments to advise others not to smoke based on scientific, factual knowledge.
- Through experimentation as well as learning in the classroom, understand what happens to your body during exercise 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 a healthy school menu for a school canteen and then design and make a healthy, nutritionally balanced pizza that follows a design brief of undercutting the fat, calories and salt quantities of popular brands.



The Food Pyramid



SCURVY



Key Vocabulary

Drugs	A medicine or substance that has an effect on the body.	Diet	The type of food people eat.
Tobacco	A product usually smoked that contains chemicals that affects the body and is addictive.	Healthy	A good physical and mental condition.
Side effects	Unwanted feelings or symptoms.	Obese	Overweight with a lot of body fat and mass.
Prescribed	Advised or authorised to use/take.	Nutrition	Obtaining the food necessary for health and growth.
Addictive	Repeatedly doing or using something.	Nicotine	A poisonous chemical found in tobacco.
Recreational	Doing something for enjoyment.	Alcohol	A liquid that can change behaviours and affects the body.