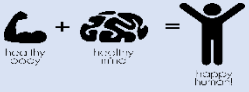
Body Health

What are the key biological facts that I need to know?

Scientific Fact 1	Scientific Fact 2	Scientific Fact 3	Scientific Fact 4	Scientific Fact 5	Scientific Fact 6
Keeping healthy means caring for your body so you have enough energy to learn, play and grow.	All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.	Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.	A 'portion' means the amount of food that fits in your hand. When you eat more than what your body needs to keep healthy and energised during the day.	It is important to get the right amount of each food group, which is a balanced diet. Too much one food group over another means your body is not healthy.	It is important to have 30-60 minutes of exercise every day. Little things like running around your back garden, playing games with your friends all helps!

Key Scientific Vocabulary - words that are related to the topic you are investigating and that must be used in your work

Word	Definition
beats per minute (bpm) 	The number of heart beats per minute, normal heart rate is between 60 to 85 *beats per minute*.
calories 	Units of energy, often used as a measure of the amount of energy a food provides.
exercise 	Physical or mental activity that you do to become or stay healthy.
fibre 	The part of the food that helps keep a person healthy by keeping the bowels moving.
mental benefits 	The condition of someone's mind and whether or not they are suffering from any mental illness.
oxygen 	A gas with no smell or colour. Oxygen forms a large part of the air on earth.
RDA 	Recommended daily allowance, the amount of food that we need every day.
resting rate 	The number of times your heart beats while you are at rest.

Sticky Knowledge- what we want you to know at the end of the unit

To know that our senses helps us explore the world around us.

To know why nutrients are important to the human body
- the human body needs fuel in the form of food to function
- we need nutrients to keep healthy
- the main food groups are carbohydrates, proteins and fats
- we also need minerals and nutrients

To know why a heathy diet and exercise are important
- the body needs a balanced diet, exercise and sleep to function properly
- we must drink plenty of water and eat five portions of fruit and vegetables daily
- exercise keeps our bones and muscles healthy and strong
- sleep help our bodies to recover and recharge

To know what the pulse is
- the pulse is the regular beating of the heart
- it measures how fast your heart is beating

To know how the skeleton and muscles help the body to move
- the skeleton has two main functions:
  - to protect our vital organs
  - to help us move
- the skeleton bends at the joints, for example, the knees
- muscles are attached to bones by the tendons
- when muscles contract the bones move

To know why smoking is harmful to the body
- healthy lungs can be damaged by smoking
- cigarettes contains poisonous chemicals such as nicotine, carbon monoxide and tar

To know how the body recovers from disease and damage
- the body has white blood cells that help it fight infection
- blood clots stop microorganisms from getting in to the body if the skin is cut
- we need to sleep in order or heal and recover

The scientific skills that you will be learning to use to answer the scientific questions

What is science?
Science is the exciting study of the nature and behaviour of natural things and the knowledge that we obtain about them. We ask questions that need answers. In order to answer these questions successfully, you will lean to use all these skills.

Identifying scientific evidence
Scientists ask questions that can be answered through scientific investigations. These questions must be testable questions, which are answered by collecting, and analysing evidence and developing explanations based on that evidence.
Which type of exercise has the greatest impact on the human heart?

Using secondary sources of information:
You will learn to develop your research enquiries help to develop your scientific literacy, since you will learn to compare and evaluate information from different sources. As you learn to recognise the differences between fact and opinion, you will develop life skills that will support you in being citizens of the twenty-first century. You will be able to work collaboratively with your peers to ensure that you gain a greater understanding of the subject that we are studying.
How does the body transport water?
Can you explain your answer?

Reporting and presenting findings
Once you have completed your experiments, you will need to present what you have learnt from the data that you have recorded.
What do your findings tell you about how healthy the human body is?