

**What should I already know?**

I know the importance for humans of exercise, eating the right amount of different food and hygiene.  
 I know that animals including humans need the right type and amount of nutrition. They cannot make their own food; they get nutrition from what they eat.  
 I know the simple functions of the basic parts of the digestive system in humans.  
 I know the different types of teeth in humans and

**Enquiry Question**

How does the duration of exercise affect heart rate?

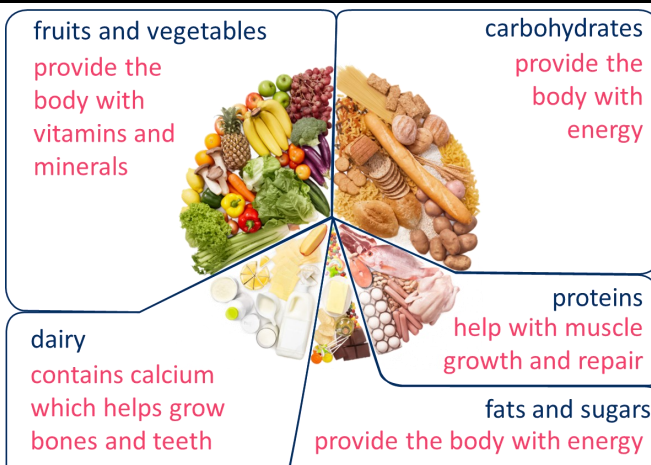
**Vocabulary**

Balanced diet	a diet that fulfills a person's nutritional needs
Calories	a measure of energy taken from the food or drinks a person consumes
Unsaturated fats	fats that have a positive impact on the body
Saturated fats	fats commonly found in animal-based foods
Trans fats	unhealthy fats found in fried and processed foods
Drug	a chemical that can change the way your body or brain functions
Painkillers	drugs that help the body dull pain
Stimulants	drugs that help you feel more awake and alert
Depressants	drugs that make the body feel calm and drowsy
Addiction	when a person becomes dependent on a drug

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel.

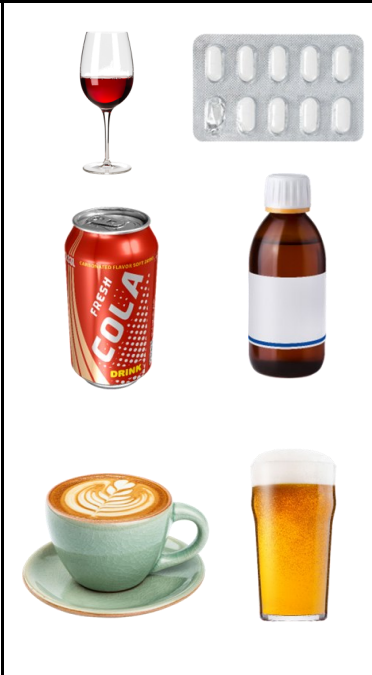
**A Balanced Diet**

A healthy, balanced diet can have a huge effect on a person's health. People who eat the right balance of fresh, healthy foods are less prone to chronic illnesses and diseases.  
 Carbohydrates are used by the body to create glucose, the body's main energy source.  
 Fat is also helpful for energy but too much fat in a person's diet causes them to gain weight.  
 Protein helps to build and repair muscles, but too much can cause indigestion and intestinal problems.  
 Some conditions are caused by deficiencies in our diet for example a lack of vitamin C can lead to fatigue and depression.



**Drugs**

Drugs are chemicals that can change the way your body or brain functions. Some drugs are prescribed by doctors to make people healthy.  
 Other, illegal drugs can have a dangerous effect on our health. Some drugs, like alcohol, are legal to buy for those over 18. Alcohol is a depressant. Alcohol can cause damage to the liver and brain.  
 Cigarettes contain nicotine, which is a stimulant, and is addictive. Cigarettes cause damage to the lungs and heart.



**Smoking**

Smoking can damage the body and cause breathing problems. Cigarettes and vapes contain nicotine. Nicotine is a highly addictive chemical, making people dependent on smoking or vaping. Nicotine is a stimulant that can be found in cigarettes and vapes. Smoking increases the risk of heart disease in several ways:  
 Smoking damages the lining of the arteries, including the heart arteries. The damage encourages the build-up of fatty material in the arteries. This can lead to a heart attack or a stroke.  
 Inhalation of carbon monoxide in cigarette smoke reduces the amount of oxygen that can be carried by the blood.  
 The nicotine in cigarette smoke increases the heart rate, putting strain on the heart. Chemicals in cigarette smoke increase the likelihood of the blood clotting, resulting in a heart attack or stroke. It can also cause you to age faster and stain teeth yellow.

