

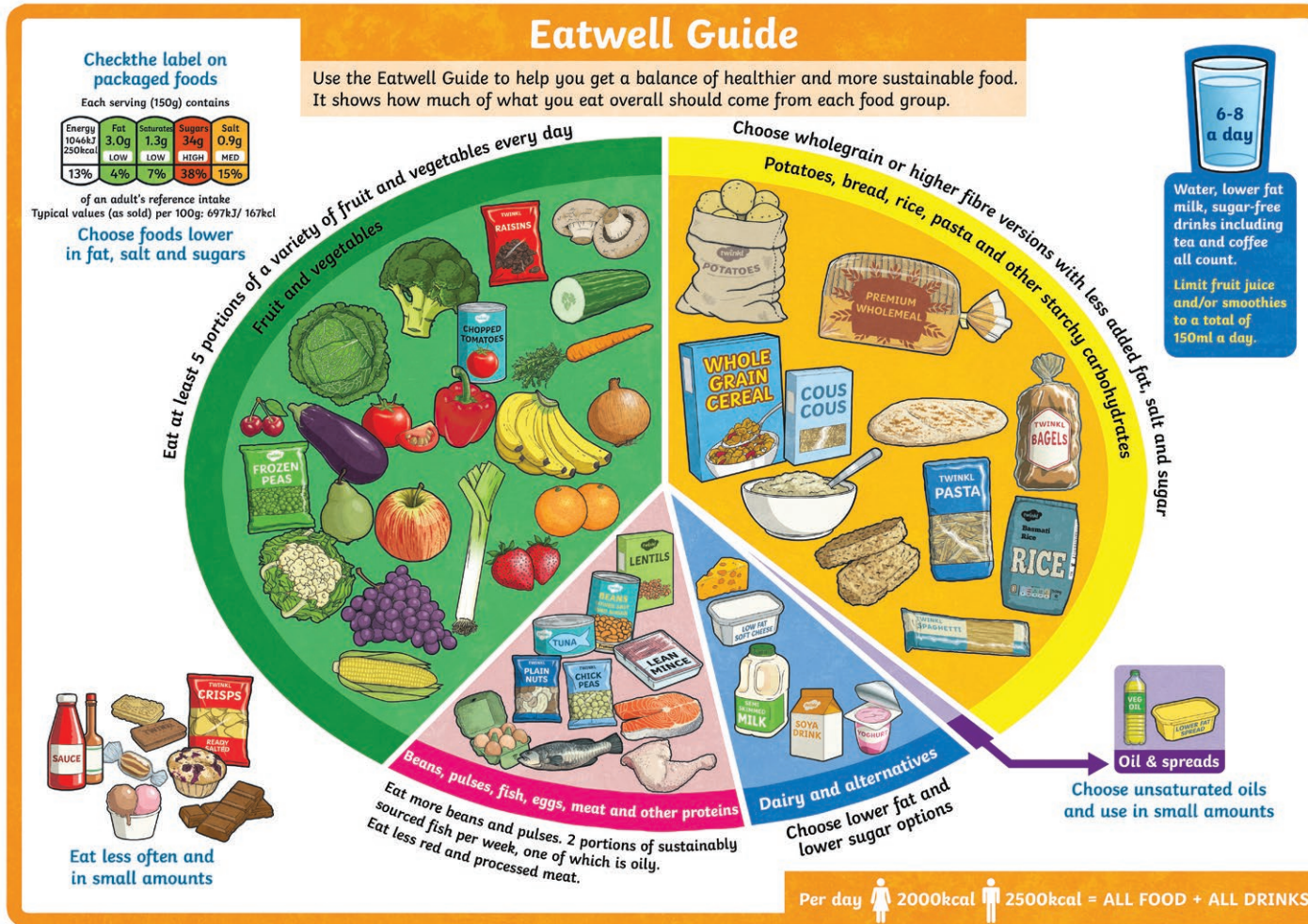
| Key Vocabulary Overview |   |
|-------------------------|---|
| <b>balanced diet</b>    | a diet that includes a variety of foods and drinks that fulfil a person's nutritional needs |
| <b>calories</b>         | a measure of how much energy a food or drink provides                                       |
| <b>unsaturated fats</b> | give the body energy and help it to absorb vitamins and minerals                            |
| <b>saturated fats</b>   | often found in food that comes from animal sources, such as meat and dairy products         |
| <b>trans fats</b>       | usually found in processed and fried foods  |
| <b>drug</b>             | any substance that has an effect on the body when it enters the circulatory system          |
| <b>painkiller</b>       | a drug that can help the body to relieve pain   |

|                             |   |
|-----------------------------|---|
| <b>stimulant</b>            | a drug that can help the body to feel more alert and awake                |
| <b>depressant</b>           | a drug that can make the body feel drowsy/calm                            |
| <b>addiction</b>            | a condition that involves becoming dependent on a drug or other substance |
| <b>cigarette</b>            | a tube containing tobacco that is used for smoking                        |
| <b>vape</b>                 | used for inhaling vapour that contains nicotine                           |
| <b>tar</b>                  | a sticky, dark-brown substance that is found in tobacco smoke             |
| <b>nicotine</b>             | a drug found in tobacco plants  |
| <b>carbon monoxide</b>      | a poisonous gas that is released when cigarettes are burnt                |
| <b>independent variable</b> | the one thing you change in an investigation                              |

|                             |   |
|-----------------------------|---|
| <b>dependent variable</b>   | what you measure (or observe) in an investigation   |
| <b>controlled variables</b> | the things you keep the same in an investigation  |
| <b>heart</b>                | a muscular organ that pumps blood around the circulatory system                             |
| <b>heart rate</b>           | the number of times the heart beats in one minute   |
| <b>duration</b>             | to the length of time that something lasts  |
| <b>exercise</b>             | physical activity that is done to build strength/fitness and improve the health of the body |
| <b>evaluation</b>           | a judgement of how well the enquiry worked and could be improved                            |
| <b>conclusion</b>           | a statement of what you have found out from your enquiry                                    |

Diet

A **balanced diet** includes a variety of foods and drinks from different food groups, eaten in different proportions to fulfil a person's nutritional needs. This balance can look different for everyone.



Food Groups

|                        |   |
|------------------------|---|
| proteins               | help the body grow and repair   |
| fruit and vegetables   | provide vitamins, minerals and fibre                                    |
| carbohydrates          | provide energy and fibre  |
| dairy and alternatives | provide protein and calcium   |
| oils and spreads       | provide fat that is high in energy and should be eaten in small amounts |

Effects of Fat

A diet high in **saturated fats** and **trans fats** can lead to a build-up of cholesterol in blood vessels.

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## Effects of Drugs

**Drugs** contain chemicals that can change how a person feels, thinks, or behaves. They can be legal (e.g. medicines, alcohol, nicotine, caffeine) or illegal.



- **Depressants** slow down messages between the brain and body, making a person feel drowsy and calm. Alcohol is a legal **depressant**.
- Caffeine is a **stimulant** that can help the body to feel more alert and awake. It can be found in drinks like tea, coffee and fizzy drinks.

## Exercise

**Exercise** is physical activity that improves strength, fitness and overall health.

**Regular exercise can:**

- lower the risk of cancer, stroke, diabetes and heart disease;
- boost mood, self-esteem and energy levels;
- reduce the risk of depression, stress, dementia and Alzheimer's disease;
- improve sleep quality.



## Effects of Smoking

**Cigarettes** contain tobacco and release chemicals when they burn. Smoking can harm the brain, mouth, throat, heart and lungs, causing cancer and other diseases.

- Tar collects in the lungs, making breathing harder and increasing the risk of lung disease and cancer.
- **Carbon monoxide** is a poisonous gas in **cigarette** smoke that reduces oxygen in the blood.
- Chemicals in **cigarettes** can make artery walls sticky and narrow, increasing the risk of heart disease and heart attacks.

## Heart Rate

Resting **heart rate** is how fast the **heart** beats when the body is relaxed. During **exercise**, **heart rate** increases to deliver oxygen and nutrients to cells.

