

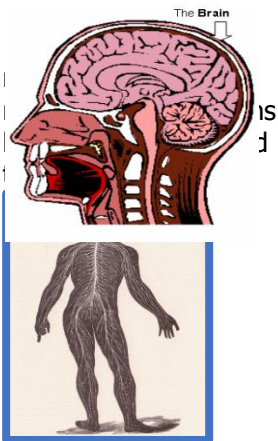





# Year 6: KEEPING HEALTHY

Glossary	<b>drugs and medicines-</b> drugs are any substances that alter the way that the body works. Many of these are medicines which help people get better if they are sick.	<b>brain</b> – the organ that controls the nervous system; controls the whole body	<b>exercise</b> – the process of repeated movements that keep the heart, lungs, bones, joints and muscles working smoothly
<p><b>lifestyle-</b>A person's <b>lifestyle</b> is the way that they choose to live. This guide will focus on:</p> <ul style="list-style-type: none"><li>• what they eat</li><li>• how much they exercise and sleep</li><li>• other choices, like medication or drug-use</li></ul> <p>The effects that lifestyle choices have on the human body are well known.</p>	<div></div> <p><b>drug</b> – these are substances that have an effect on the body</p> <p>However, there are other drugs that are not medicines which don't help people get better. These include cigarettes and alcohol. Taking too many of these drugs can make you sick.</p> <p><b>side effects</b> – the unwanted additional effects of a drug on the body. Taking drugs can have <b>side effects</b> on the body, such as tiredness.</p> <div></div> <p><b>nicotine</b> – the addictive drug contained in tobacco products – cigarettes and cigars</p>	<div><div><p>The brain uses between 20% and 25% of the energy from the food we put into our bodies, so its important to keep it fuelled. And it needs to be fuelled with good quality food and drink to keep it working at its very best</p></div><div></div></div>	<div></div> <p><b>Exercise</b> is <b>beneficial</b> and promotes good health. We need <b>energy</b> in order to work, move and grow – we eat food to provide our body with this.</p> <div></div>
<p><b>benefits-the benefits</b> of having a healthy diet include:</p> <ul style="list-style-type: none"><li>• not becoming overweight</li><li>• having more energy</li><li>• faster recovery from injuries</li><li>• being more able to fight off infections</li></ul>	<p><b>sleep-</b>it is important to get plenty of sleep to give your body time to recover and recharge for the next day. Most people need around 8 hours of sleep per night to wake up feeling refreshed and recharged. A lack of sleep may lead you to feel a little grumpy the next day, lose concentration and may have a negative impact on your mental wellbeing and overall health in the long run.</p> <div></div>		

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