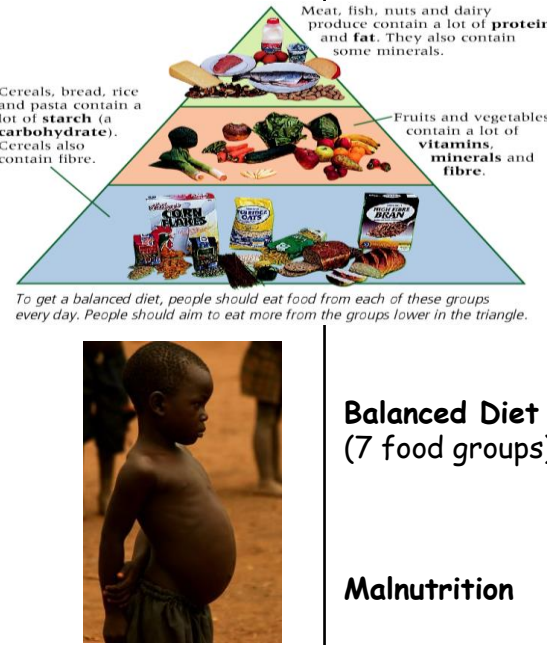

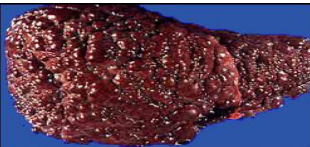
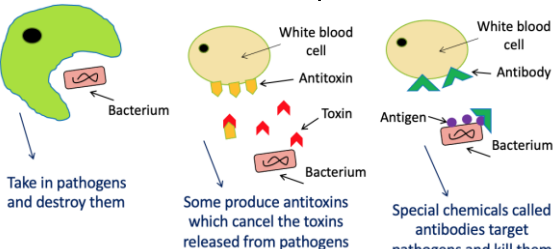


Rationale: This topic allows us to look at why a balanced diet is important, what a balanced diet actually looks like and what can happen if we don't have a healthy diet. We will also look at how smoking, alcohol and drugs affect the human body. We will also look at how the body's immune system responds to disease, and how medications and vaccines can help the immune system. This can help you to make healthier food choices and informed decisions about things like alcohol, smoking and drugs in the future.

Diagrams	Key words/ideas	Definitions or extra information
 <p>To get a balanced diet, people should eat food from each of these groups every day. People should aim to eat more from the groups lower in the triangle.</p>	<p>Balanced Diet (7 food groups)</p> <p>Malnutrition</p>	<p>Carbohydrates (eg pasta, rice, bread) - for energy</p> <p>Proteins (eg meat, fish) - for growth and cell repair</p> <p>Fats (eg oil, butter) - for insulation (to keep warm)</p> <p>Fibre (eg cereal, fruit, vegetables) - to aid digestion</p> <p>Vitamins - lots that do different jobs eg vitamin A (in carrots) aids cells in eyes</p> <p>Minerals - lots that do different jobs eg calcium for healthy bones and teeth.</p> <p>Water - to prevent dehydration</p> <p>Not having a balanced diet can cause different illnesses, eg anaemia (lack of iron), or kwashiorkor (lack of protein)</p>
<p>Healthy Lung Cigarette Smoker</p> 	<p>Smoking</p>	<p>The main three harmful chemicals in a cigarette are:</p> <ul style="list-style-type: none"> • nicotine (very addictive), • tar (coats the lining of the lungs stopping them taking in oxygen as effectively) • carbon monoxide (poisonous gas - makes red blood cells less able to transport oxygen around the body)
	<p>Alcohol</p> <p>Alcohol abuse</p>	<p>Alcohol is a depressant drug (slows down nervous system - reaction times are slower)</p> <p>Can cause liver cirrhosis (see diagram), reduced brain mass, stomach ulcers and decreased sperm production.</p>
<p>Drugs</p> <p>www.talktofrank.com 0800 77 66 00</p>	<p>Depressant</p> <p>Stimulant</p> <p>Hallucinogen</p> <p>Painkillers</p>	<ul style="list-style-type: none"> - reduces brain activity (eg alcohol) - increases nervous system activity (eg caffeine or cocaine) - see or hear things that aren't really there (eg LSD) - reduce pain (eg aspirin or heroin)

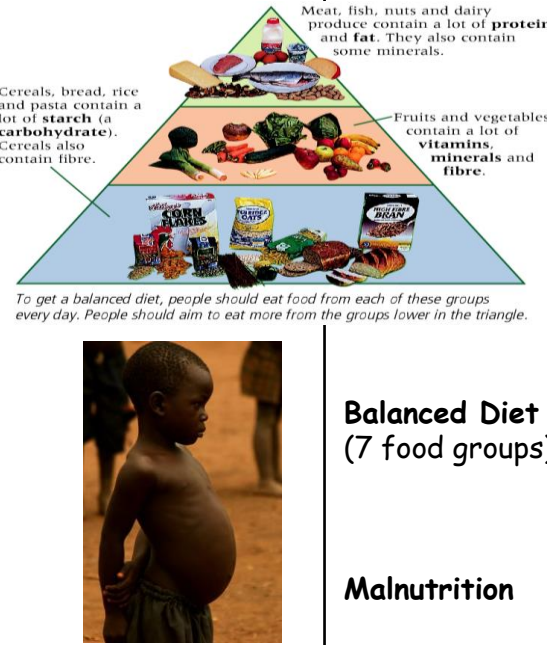

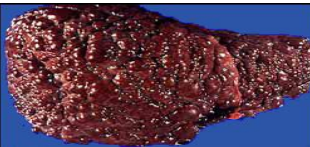
Immune system

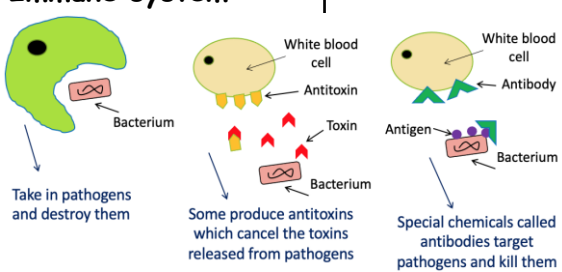


Cilia cells - found in trachea and bronchi. Produce mucus and have hair-like projections to sweep the mucus (and the trapped microbes) towards the mouth and nose.

Antibodies - released by white blood cells and attach to the surface of pathogen so the white blood cells know to destroy it.

Rationale: This topic allows us to look at why a balanced diet is important, what a balanced diet actually looks like and what can happen if we don't have a healthy diet. We will also look at how smoking, alcohol and drugs affect the human body. We will also look at how the body's immune system responds to disease, and how medications and vaccines can help the immune system. This can help you to make healthier food choices and informed decisions about things like alcohol, smoking and drugs in the future.

Diagrams	Key words/ideas	Definitions or extra information
 <p>To get a balanced diet, people should eat food from each of these groups every day. People should aim to eat more from the groups lower in the triangle.</p>	<p>Balanced Diet (7 food groups)</p> <p>Malnutrition</p>	<p>Carbohydrates (eg pasta, rice, bread) - for energy</p> <p>Proteins (eg meat, fish) - for growth and cell repair</p> <p>Fats (eg oil, butter) - for insulation (to keep warm)</p> <p>Fibre (eg cereal, fruit, vegetables) - to aid digestion</p> <p>Vitamins - lots that do different jobs eg vitamin A (in carrots) aids cells in eyes</p> <p>Minerals - lots that do different jobs eg calcium for healthy bones and teeth.</p> <p>Water - to prevent dehydration</p> <p>Not having a balanced diet can cause different illnesses, eg anaemia (lack of iron), or kwashiorkor (lack of protein)</p>
<p>Healthy Lung Cigarette Smoker</p> 	<p>Smoking</p>	<p>The main three harmful chemicals in a cigarette are:</p> <ul style="list-style-type: none"> • nicotine (very addictive), • tar (coats the lining of the lungs stopping them taking in oxygen as effectively) • carbon monoxide (poisonous gas - makes red blood cells less able to transport oxygen around the body)
	<p>Alcohol</p> <p>Alcohol abuse</p>	<p>Alcohol is a depressant drug (slows down nervous system - reaction times are slower)</p> <p>Can cause liver cirrhosis (see diagram), reduced brain mass, stomach ulcers and decreased sperm production.</p>
<p>Drugs</p> <p>www.talktofrank.com 0800 77 66 00</p>	<p>Depressant</p> <p>Stimulant</p> <p>Hallucinogen</p> <p>Painkillers</p>	<ul style="list-style-type: none"> - reduces brain activity (eg alcohol) - increases nervous system activity (eg caffeine or cocaine) - see or hear things that aren't really there (eg LSD) - reduce pain (eg aspirin or heroin)

<p>Immune system</p> 	<p>Cilia cells - found in trachea and bronchi. Produce mucus and have hair-like projections to sweep the mucus (and the trapped microbes) towards the mouth and nose.</p> <p>Antibodies - released by white blood cells and attach to the surface of pathogen so the white blood cells know to destroy it.</p>
--	--