

Keeping Healthy -

Healthy Eating

What is a balanced diet? _____

In which food group would you find the following?

sausages -

chocolate -

yoghurt -

pasta -

pears -

Which food group is best for giving us...?

calcium -

instant energy -

protein -

vitamins and minerals -

long lasting energy -

Drugs

A drug is something which changes the way a person _____

Describe two harmful effects of the following:

Too much alcohol

1. _____

2. _____

Smoking

1. _____

2. _____

Taking more medicine than your doctor has told you to

1. _____

2. _____

Exercise and the heart

How does the heart move blood around the body?

Where in the body would you find the heart? (be exact)

What protects the heart and lungs? _____

What effect does exercise have on heart rate?

Pulse rate is the amount of times your heart beats in a _____

Why did you have to take your pulse rate 5 times in order to get an accurate reading? _____

How big is the heart, roughly? Circle one answer:

A golf ball

a fist

a football

Describe how James Lind discovered that vitamin C cured scurvy.