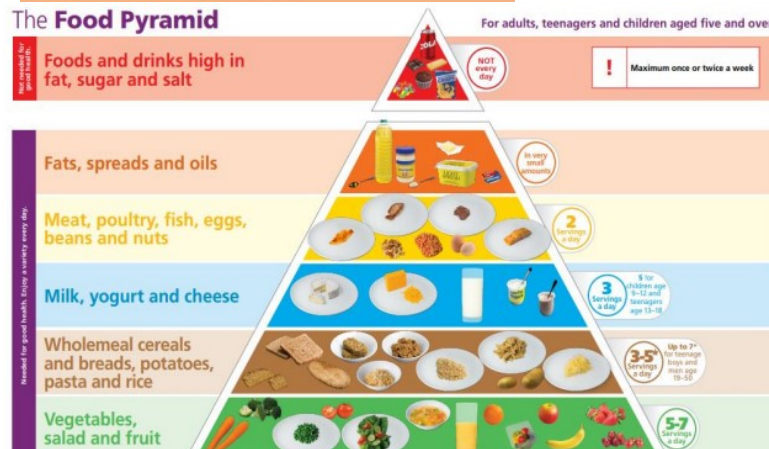


Science Knowledge Map - Summer 2 - Body Health

Regular exercise:

- strengthens muscles including the heart muscle; • improves circulation;
- increases the amount of oxygen around the body;
- releases brain chemicals which help you feel calm and relaxed;
- helps you sleep more easily;



Vocabulary

Diet	The kinds of food that a person, animal, or community habitually eats.
Food groups	Dietary components. E.g. proteins, carbohydrates, fruit and vegetables, dairy, foods with added fats and sugars
Pulse	A rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
Drugs	A medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
nutrients	Substances that animals need to stay alive and healthy

Diet and Lifestyle

Fatty, rich foods can clog **arteries** and **veins**, preventing **blood** for delivering what is needed.

Exercise can improve the health of a person by removing **fatty deposits** from the body.

Some exercises are classified as **cardiovascular**, and are designed to improve the fitness or the overall **circulatory system** by strengthening the **organs** and **pulse rate**.

To lead a **healthy lifestyle** children are advised to:

- Sleep for **8-10 hours' per night**
- Drink **2 litres of water per day**
- Partake in at least **1 hour of exercise per day**
- Take part in activities that reduce stress and keep a healthy mind, such as being in the fresh air; face to face social contact and thinking positively
- Spend limited time on technology
- Limiting fizzy, sugary drinks replacing them with water and milk
- Only have two 100 calorie snacks each day