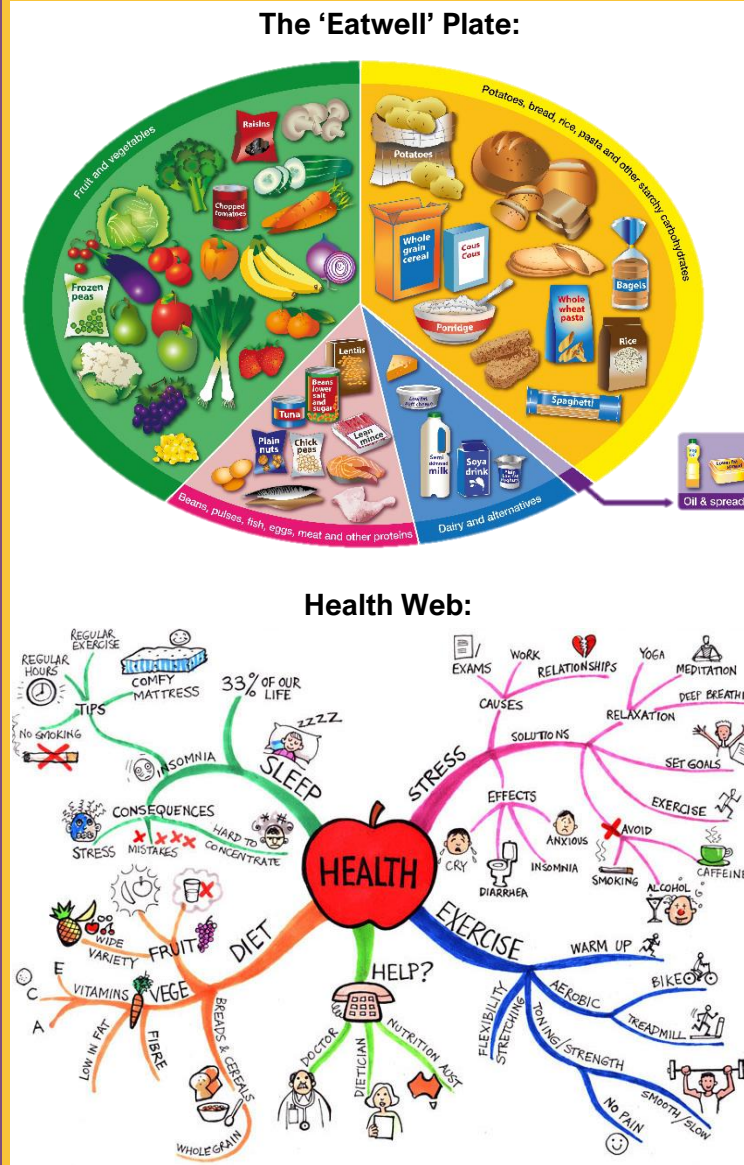


Key Vocabulary:

diet	The food and drink that a person, animal, or group consumes.
balanced diet	Eating a wide variety of foods in the right proportions.
energy	Chemical energy that animals (including humans) derive from their food.
nutrients	Chemicals contained in food.
protein	A nutrient your body needs to grow and repair cells, and to work properly.
carbohydrate	Nutrients that are broken down by the body to be used as energy.
dairy	Any foods made from the milk products of animals.
vitamins	Nutrients that humans need in order to grow, reproduce, and be healthy.
minerals	Nutrient found in the soil and food that is essential for the proper functioning of animal and plant body.
calories	Energy people get from the food and drink they consume, and the energy they use in physical activity.
immune system	Network of organs and cells that defends the body against infection.
drugs	Substances that change a person's mental or physical state.
medicine	The science of keeping people healthy and healing the sick.
diabetes	A condition where you have too much sugar in your bloodstream.

Diagrams:



Key Facts:

- 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 of 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.
 - Eat around 1,750 calories per day.
- Nicotine is a poisonous chemical found in tobacco, the drug found in cigarettes and some vapes.
- Drugs and medicines can have side effects - Unwanted feelings or symptoms.
- Alcohol is a legal drug but there are restrictions and recommended limits on its use.
- Some drugs are addictive – where the user is dependent on the drug and is unable to stop taking it.