

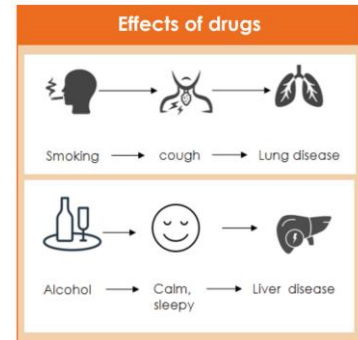
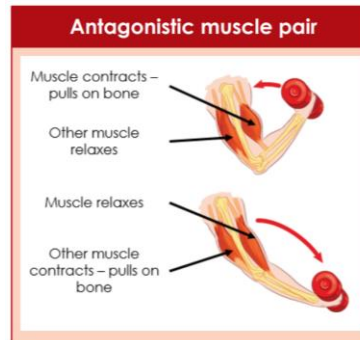
# Year 6 Knowledge Organiser Science – Diet & Lifestyles

## Key Vocabulary

1	seven nutrients	carbohydrates, protein, fat, minerals, vitamins, fibre, water are the seven types of nutrients.
2	healthy diets	A healthy diet is the balance of seven nutrients.
3	nutritional deficiency	When you do not have enough of a nutrient in your diet.
4	circulatory system	The heart, the blood, the blood vessels.
5	drug	A chemical that influences the body.
6	medicine	A drug used to treat illness.
7	addictive	You feel you can not stop using something.
8	symptoms	How an illness makes you feel.
9	alcohol	An addictive drug in beer, wine and spirits.
10	nicotine	An addictive drug in cigarettes.

## Nutrients

Carbohydrates	Release energy for your body to use. Carbohydrates are found in starchy foods such as: potatoes, bread, rice, pasta and cereals. Carbohydrates should account for 1/3 of your food intake.
Protein	Protein is used by your body for growth and repair. Large amounts of protein is found in: chicken, pork, fish, tofu, lentils and eggs.
Fat	Fat protects organs, stores energy and keeps you warm. Healthier fats can be found in: avocados, seeds, salmon and oils.
Minerals	You only need a small amount of minerals to keep you healthy. Minerals can be found in: leafy greens, beans, fish, mushrooms and low-fat dairy.
Vitamins	You need a variety of vitamins to keep you healthy. Vitamins can be found in: fruits, vegetables and dairy products.
Fibre	Fibre is important to keep food moving through your gut. High fibre foods are: lentils, chickpeas, oats and seeds.
Water	Water is essential for body processes and systems. Water is naturally found in lots of foods but of course, can also be used in drinks.



## Medicine uses

painkillers	Painkillers are used to reduce pain or help to reduce the symptoms of an illness.
antibiotics	Antibiotics are used to kill bacteria in the body. They are not effective against viral infections such as the common cold.
anesthetics	Anesthetics cause a temporary loss of sensations. They completely reduce or prevent pain. There are three types: local (numbs a small area of the body), you stay awake and alert; regional (blocks pain in one area of the body such as an arm or leg); general, which makes you unconscious.