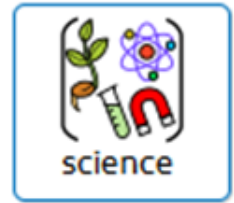






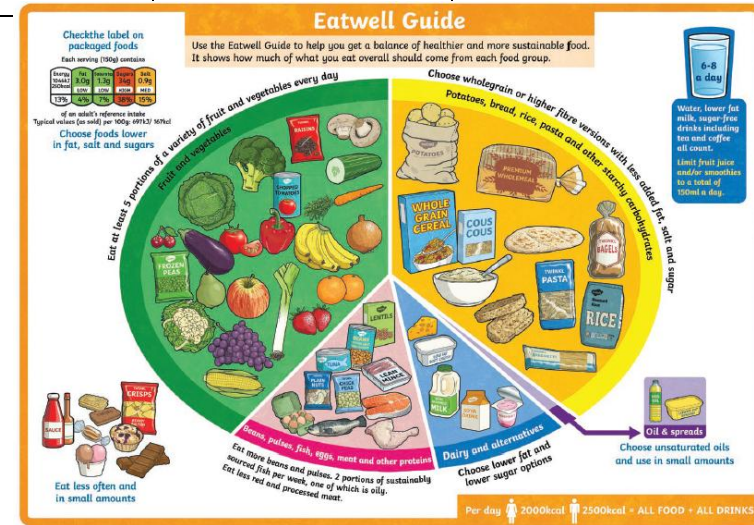


Diet, drugs and lifestyle



What are we learning?			
To explore the impacts of a balanced and non-balanced diet on the body.	To identify different drugs that can be taken and the impact this can have on the body.	To understand what cigarettes and vaping are and how this impacts the body.	To plan and evaluate a heart rate experiment.

Key vocabulary																						
balanced diet	a diet that fulfills a person's nutritional needs																					
calories	a measure of energy taken from the food or drinks a person consumes	<table border="1"> <thead> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>1046kJ</td> <td>3.0g</td> <td>1.3g</td> <td>34g</td> <td>0.9g</td> </tr> <tr> <td>250kcal</td> <td>LOW</td> <td>LOW</td> <td>HIGH</td> <td>MED</td> </tr> <tr> <td></td> <td>13%</td> <td>4%</td> <td>7%</td> <td>38%</td> </tr> </tbody> </table>	Energy	Fat	Saturates	Sugars	Salt	1046kJ	3.0g	1.3g	34g	0.9g	250kcal	LOW	LOW	HIGH	MED		13%	4%	7%	38%
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unsaturated fats	fats that have a positive impact on the body																					
saturated fats	fats commonly found in animal-based foods																					
trans fats	unhealthy fats found in fried and processed foods																					
drug	a chemical that can change the way your body or brain functions																					
stimulants	drugs that help you feel more awake and alert																					



Drugs contain chemicals that can change how a person feels, thinks, or behaves. They can be legal (e.g. medicines, alcohol, nicotine, caffeine) or illegal.



- **Depressants** slow down messages between the brain and body, making a person feel drowsy and calm. Alcohol is a legal **depressant**.
- Caffeine is a **stimulant** that can help the body to feel more alert and awake. It can be found in drinks like tea, coffee and fizzy drinks.