**Science – Healthy Lifestyles Home Learning**

**Lesson 1**

**Healthy Bodies Slide 1**

**Healthy Bodies Work Sheet 1 – Pg. 1 & 6**

We know a lot more about healthy diets today than people did a hundred years ago but scientists are still finding things out all the time. Can you think of some examples of tests scientists might do to help them find out about the effects that different foods have on our bodies?

Think of one question they could design a clinical trial for. Design an experiment on, thinking about what you are trying to find out, how long the experiment will take, how you will make it a fair test, etc. You will not be carrying out this experiment but just planning it. Use worksheet 1A to help outline your plan.

If you are not sure what to base your experiment on, look at the Question Cards.

**Lesson 2**

**Healthy Bodies Slide 2**

Create a fact sheet about the different food groups.

**Lesson 3**

**Healthy Bodies Slide 3**

Create a labelled diagram of the circulatory system.

**Lesson 4**

**Healthy Bodies Slide 4**

Plan and carry out an investigation into how exercise affects our heart rate.

**Lesson 5**

**Healthy Bodies Slide 5**

Create a list of different sports and list the muscles that would have the most blood flowing to them for each sport.

Plan a workout for someone who wants to exercise at least 5 different muscle groups.

**Lesson 6**

**Healthy Bodies Slide 6**

Create an information booklet on the similarities and differences between legal and illegal drugs.

**Lesson 7**

**Healthy Bodies Slide 7**

Create a TV programme script where the viewer sees a person with an unhealthy lifestyle make changes and become healthier.