

A-life

'Healthy Living Loop Card'

Learning Objective:

- To be able to identify factors that are important in keeping healthy
- To know the function of some parts of the body, including organs
- To know the simple nutritional values of certain food groups

Success Criteria:

- ✓ I can identify habits and lifestyle choices that help keep us healthy
- ✓ I can name some parts of the human body, including some organs
- ✓ I understand that food groups contain different nutritional values

Curriculum Links:

- Science - Humans and other animals
- PSHE - health and hygiene

No. of Children: 30

Age group: Lower KS2

Time: 1 hour

Resources:

- Ready prepared loop cards
- Set of blank loop cards x 30
- Pencils
- Healthy living facts prompt cards (*created by BevEvans TES website*)

Introduction:

- Hand out the loop cards - keep face down initially.
- Talk to the children about how loop cards work if they are not already familiar with the game.
- Children turn over and read own loop card.
- The person with 'start' reads out the question on the right hand side of their card.
- The person with the answer (anywhere in the room) stands up and shouts out the answer from the left hand side of the loop card. They then read the question from the right hand side of their loop card.
- This pattern continues until the person with the card 'end'.

Main Activity:

- Explain to the children they are going to create their own 'healthy living' loop cards.
- Model to the children how the answer goes on the right hand side, and the question on the left.
- Allow children to work in pairs to discuss ideas if you wish.
- You may wish to have some 'keeping healthy factsheet' placed around the room to prompt ideas.
- Fewer loop cards can be filled out than the whole class set as provided on the blank template. As long as the last card says end, the game will work with 10 - 30 cards.

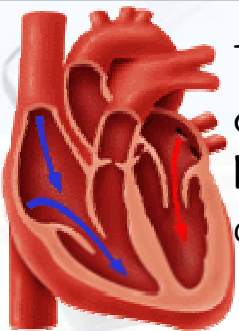
Plenary:

- Select several children to play their game.
- Discuss with the children whether the facts were accurate and informative
- Discuss whether the questions completed a 'loop' as intended.

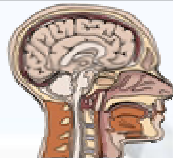
Differentiation:

- The activity can be completed in small groups or pairs if children are struggling with ideas
- One child could be the nominated 'writer'
- Provide children with images and healthy living facts to help prompt ideas
- Reduce the number of 'loop cards' required to make the task simpler.
- More able pupils could try to include a wide range of factors that contribute to keeping healthy (hygiene, diet, exercise, water, sleep...) and could try to include facts such as recommended daily intakes etc.

Keeping Healthy Fact Sheet



The **Heart** is an **organ** that pumps blood around the body - **circulation**. Your **heart beat** is the rhythmic contractions of the muscle.

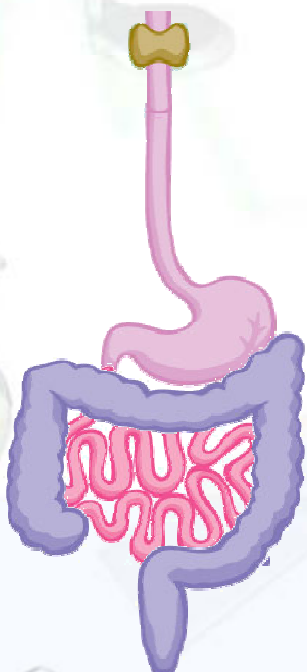


Nerves are a network of connections between the brain and the body

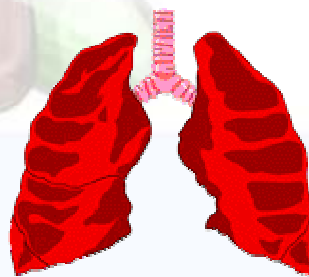


Drugs have an effect on the body and can become an **addiction**. Taking drugs can have **side effects** on the body, such as tiredness.

Exercise is **beneficial** and promotes good health. We need **energy** in order to work, move and grow - we eat food to provide our body with this.



The **digestive system** - food is chewed into small pieces and then swallowed. In the stomach it is digested into even smaller pieces that will pass through into the blood stream. It is used by the body for energy, growth and repair. What is not used is passed out of the body as waste.



We breathe using our **lungs**, **oxygen** is a gas found in the air we need to breathe. Our bodies produce another gas, **carbon dioxide**, we get rid of this by breathing out.

Keeping Healthy Glossary

addiction - when someone cannot stop taking harmful drugs e.g. cocaine, heroin,	digestive system - the system in our bodies that takes food and turns it into a form that can be moved through the blood to provide energy to all parts of the body	lungs - the organ that oxygenates the blood that is then circulated around the body
alcoholic - a person who is addicted to the drug alcohol	drug - substances that have an effect on the body	nerves - the network of connections between the brain and the body
artery - a blood vessel carrying blood away from the heart	energy - all living things need energy in order to work - to move, grow etc. We eat food in order to provide the body with energy.	nicotine - the addictive drug contained in tobacco products - cigarettes and cigars
brain - the organ that controls the nervous system	exercise - the process of repeated movements that keep the heart, lungs, bones, joints and muscles working .	obesity - the state of being extremely overweight
capillaries - tiny blood vessels	heart - the muscular organ that pumps blood around the body	organ - part of the body with a certain job to do e.g. heart, brain, lungs, kidneys
carbon dioxide - the gas that our bodies produce and need to get rid of by breathing out	heart beat - the rhythmic contractions of the heart muscle	oxygen - a gas found in air that we need for breathing
circulation - the process of moving blood around the body		vein - a blood vessel carrying blood to the heart

Start

What are the tubes that carry blood around the body?

**Arteries
and
Veins**

What food types should we be careful to limit?

**Fats
and
Sugars**

What is the organ that pumps the blood around the body?

**The
Heart**

Why do we sweat when exercising?

To cool
us
down

Which type of
food gives us
energy?

Carbohydrates

Cigarettes are
bad for your
a) liver
b) lungs

Lungs

Which part of
the body do
we touch to
measure our
pulse rate?

Wrist or
Neck

Which foods
give us
vitamins?

Fruit and
Vegetables

Protein is
found in.....

Meat
and
Eggs

Alcohol is bad
for
a) the liver
b) the lungs

Liver

Cigarettes
contain.....

Tar and
Nicotine

When we
exercise, our
heart beats
faster to get
what to the
lungs?

Oxygen

Dairy products contain something that is good for bones and teeth. What is it?

Calcium

How many portions of fruit and vegetables are we recommended to eat per day?

5

Oxygen is taken to the brain and to the _____ when we exercise.

Muscles

Canines are types of what?

Teeth

How much water should be drink every day?

6-8 cups or glasses

What is the recommended daily salt allowance of children?

Under 4 g

What percentage of the body is made out of water?

70% (approx.)

Nuts are a good source of _____.

Protein

Orange juice is a good source of which vitamin?

**Vitamin
C**

How many times a day should you brush your teeth?

**Twice a
day
(2 times)**

Which part of your body has the biggest muscle?

**Bottom
(Gluteus
Maximus)**

Which lung is slightly smaller – left or right?

<p>Left (because it is near the heart)</p>	<p>The brain is protected by which part of the skeleton?</p>
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<p>The Skull</p>	<p>Which is the biggest bone in the human body?</p>
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<p>The Femur (thigh bone)</p>	<p>Foods grown without chemicals or pesticides are known as _____?</p>
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<p>Organic</p>	<p>Where does a potato grow?</p>
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Under
the
ground

How many
sets of teeth
will humans
have?

2 sets
(milk teeth and
adult teeth)

Your heart
rate increases
when you
_____?

Exercise

Sleep is an
important part
of _____?

Keeping
healthy!

End

Start

