



# Body Health



## Key Vocabulary

- arteries:** blood vessels that carry blood away from the heart
- veins:** blood vessels that carry blood back to the heart
- heart rate:** the number of times the heart beats per minute
- pulse:** the rhythmic bulge in an artery felt when blood is pumped through it
- nutrient:** a substance that is essential for life and health
- malnutrition:** lack of adequate nutrition
- carbohydrate:** a nutrient which is the body's major source of energy
- fats:** nutrients that are a source of energy for the body, produced from animals or plants
- protein:** a nutrient which is needed for building and repairing tissues
- vitamin:** a nutrient required by the body to support various functions
- mineral:** a substance needed to keep the body healthy
- salt:** a mineral that our bodies need in small amounts
- fibre:** parts of plant-based food that can't be digested
- lungs:** the organs that are used for breathing
- oxygen:** a gas in the air which most living organisms need

## How do we make healthy food choices?

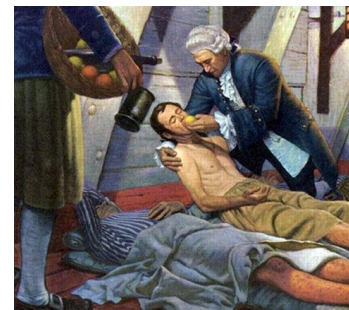
A healthy diet helps maintain or improve general health. It should be low in sugar, salt and fat while providing all of the energy we need to keep active and the nutrients we need.



## What can happen if people do not eat a balanced diet?

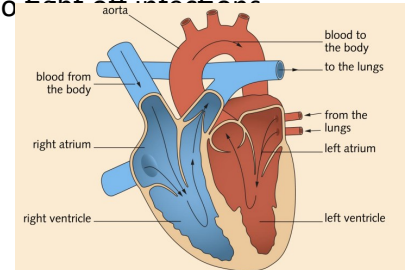
When people do not eat a balanced diet they are at risk of **malnutrition**. Malnutrition can result in unplanned weight loss, muscle loss or vitamin and mineral deficiencies.

In 1747, James Lind discovered that scurvy, which caused loose teeth, bleeding gums and sore joints, was caused by a lack



## How does physical activity affect heart rate?

Our pulse increases when we are active, to meet the increased need for oxygen in our muscles. Regular physical activity prevents obesity, keeps heart, lungs and muscles healthy, increases flexibility and strength and helps to fight off infections.



## How does smoking or vaping affect your health?

Drugs are any substances that alter the way that the body works.

Nicotine is a highly addictive drug that is found in cigarettes and vape products. Nicotine causes an increase in blood pressure, breathing and heart rate. The long-term effects of smoking can include lung diseases, heart disease and stroke. Vaping is considered less harmful than smoking but it also has negative side effects.

