

SCIENCE: Biology: Diet, drugs, exercise and lifestyle

Summer B

Year 6

Key words	Explanation
regime	A system or ordered way of doing things.
processed food	Any food that has been altered in some way during preparation.
diet	The food and drink that a person or animal regularly eats.
physiological	With reference to the physicality of the body.
mental	With reference to the mind.
ultra-processed food	Food that is characterised as “ready-to-eat” or “ready-to-heat” products manufactured from multiple ingredients usually a combination of additives or industrial flavours (sugars, fats and/or chemical preservatives).
malnutrition	The lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that you do eat.
Class A drugs	An illegal drug that is classified as being the most harmful and addictive kind.
Class B drugs	An illegal drug that is classified as being the second most harmful and addictive kind of drug.
Class C drugs	An illegal drug that has been classified as the least harmful and addictive kind of drug.
side effects	A secondary, typically undesirable effect of a drug or medical treatment.

Key words	Explanation
Hypothesis	A proposed explanation made on the basis of limited evidence as a starting point for further study.
Independent variable	A variable that isn’t changed within an experiment. For example, someone’s age may be an independent variable
Dependent variable	The variable being tested or measured during a scientific experiment.
Drawing scientific conclusions	Assessing whether the findings of an experiment match the original hypothesis. If they do you would draw the conclusion that your hypothesis was correct and vice versa.



Key Questions

- Can you explain what happens when your body is subjected to a diet consisting of 80% ultra-processed foods?
- How does the diet of an athlete change compared to a normal balanced diet?
- Can you explain the ways drugs change the body?
- Can you describe what you need to live a healthy balanced life and justify why each part is relevant?