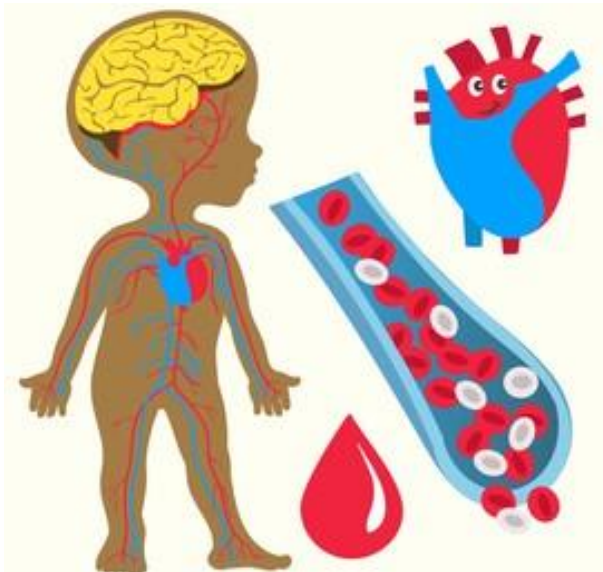




Spring 2

Science

Biology – Diet and Lifestyle



In this unit, we will be learning:

1. What are the key parts of a healthy diet?
2. Why do people with different lifestyles need different diets?
3. What effect does exercise have on the muscles?
4. What happens to the circulatory system during exercise?
5. What are medicinal drugs?
6. What are nicotine and alcohol?

Subject Specific Vocabulary

circulatory system	A system which includes the heart, veins, arteries and blood transporting substances around the body.
heart	An organ which constantly pumps blood around the circulatory system.
blood vessels	The tube-like structures that carry blood through the tissues and organs. Veins, arteries and capillaries are the three types of blood vessels.
drug	A substance containing natural or man-made chemicals that has an effect on your body when it enters your system.
alcohol	A drug produced from grains, fruits or vegetables when they are put through a process called fermentation.