



NC OBJECTIVES	KEY KNOWLEDGE AND VOCABULARY
<ul style="list-style-type: none"><li>• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</li><li>• Describe the ways in which nutrients and water are transported within animals, including humans.</li></ul>	<ul style="list-style-type: none"><li>• Know how <b>food</b> and <b>diet</b> were tested in the past</li><li>• Know how what happened in the past has helped to develop the idea of a <b>balanced diet</b>.</li><li>• Know about historical health problems caused by poor diet e.g. <b>scurvy</b></li><li>• Find out about the work of scientists such as <b>James Lind</b> helped develop a better understanding of how diet affects health</li><li>• Know some different <b>food groups</b></li><li>• Understand why a variety of foods is important for a <b>healthy diet</b></li><li>• Know what food groups provide our bodies with, and what quantities of each we need in a balanced diet</li><li>• Know how <b>nutrients</b> and water are <b>transported</b> in the human body</li><li>• Know the effects of <b>tobacco, alcohol and other drugs</b></li><li>• Know what drugs are, how some are <b>helpful</b> and some are <b>harmful</b>.</li><li>• Know ways in which drugs have <b>side effects</b></li><li>• Know what we can do to keep our bodies <b>healthy</b></li></ul>