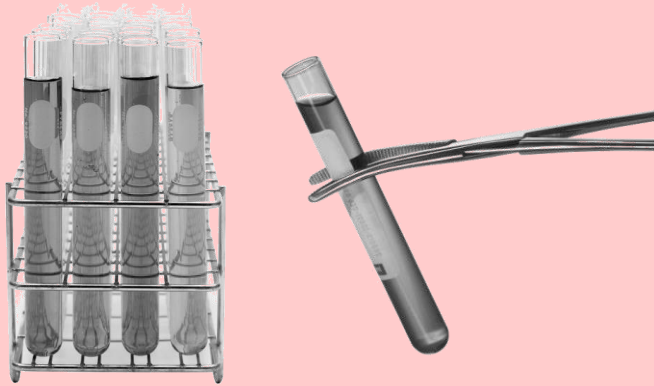


Science Displays - Unit 5A: Keeping Healthy



SCHOOLS
 **LINKS**

schoolslinks.co.uk

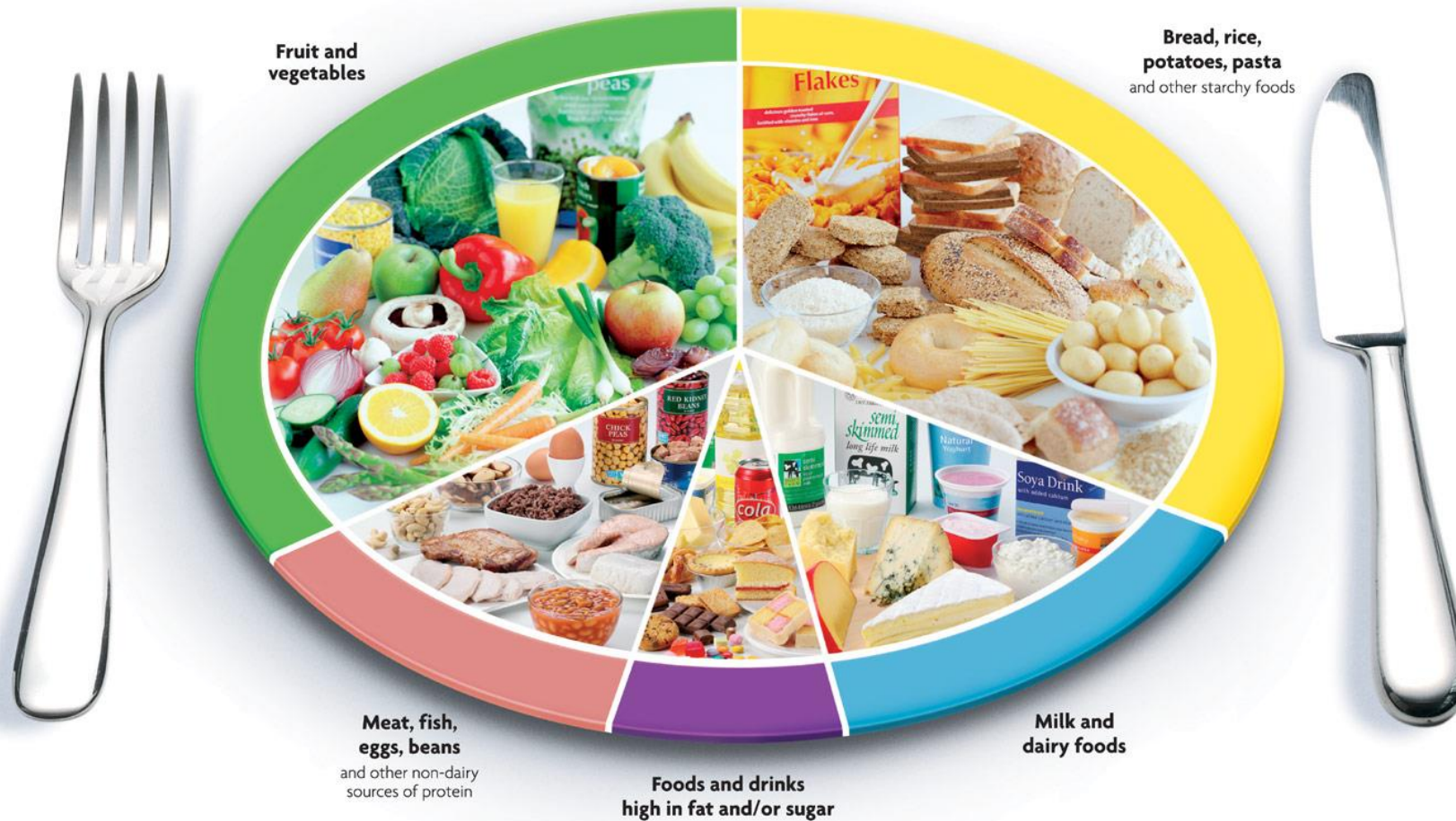
keeping



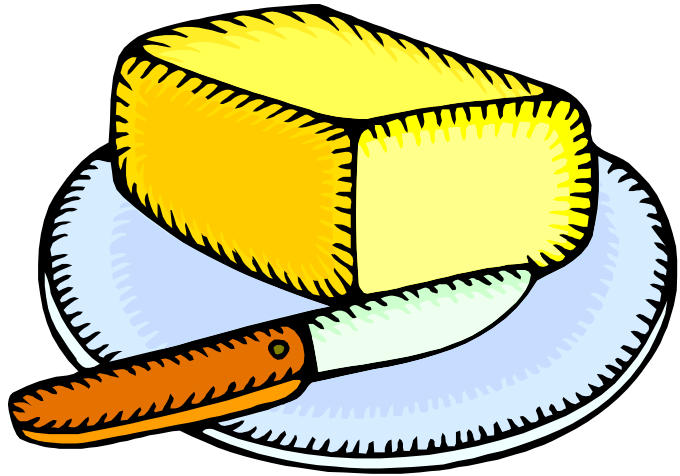
healthy

The eatwell plate

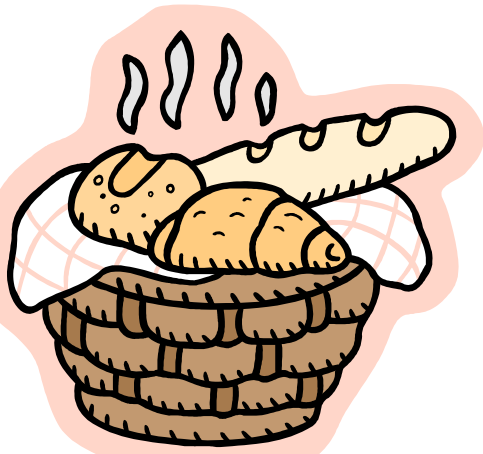
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



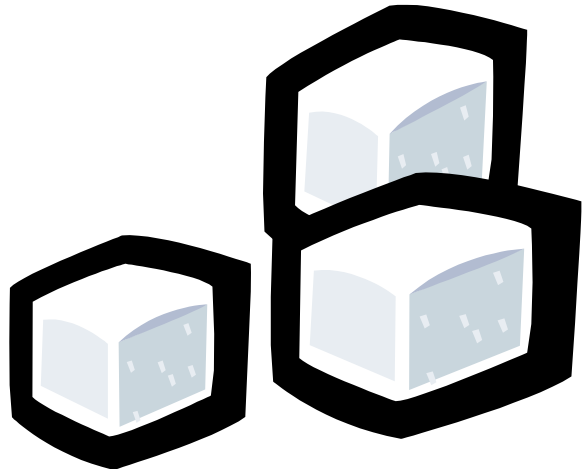
Lots of information about healthy eating can be found at: www.food.gov.uk, including this image: www.eatwell.gov.uk/healthydiet/eatwellplate/



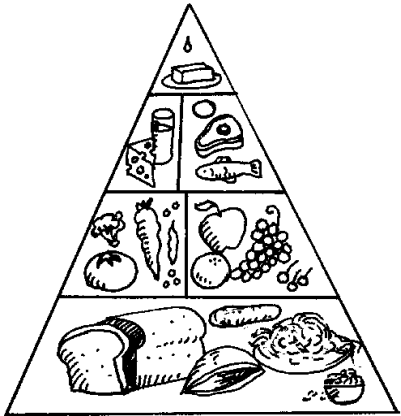
fats



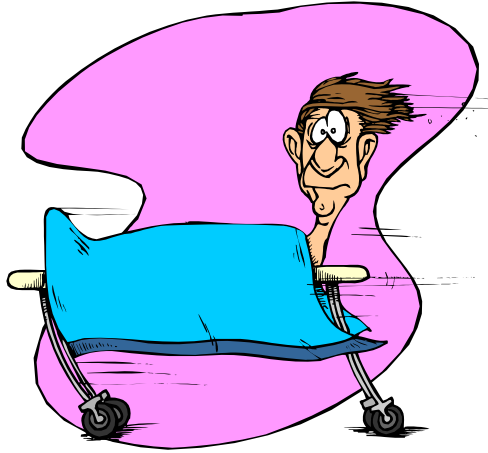
starches



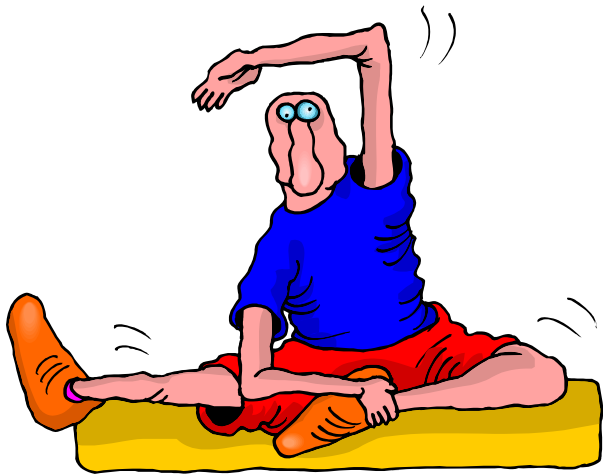
sugars



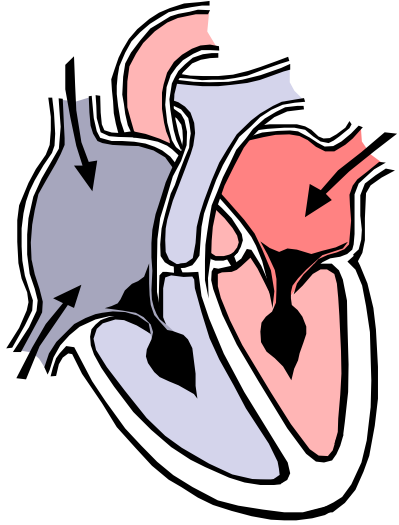
balanced diet



side effect



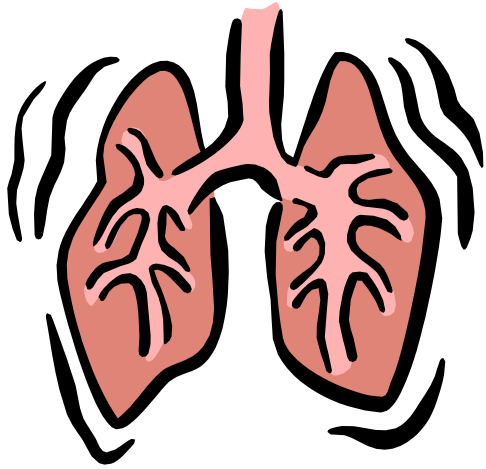
exercise



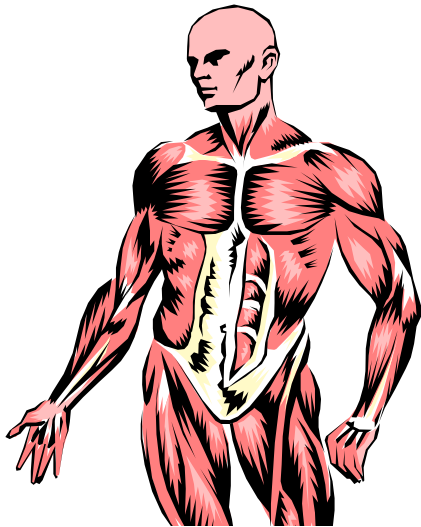
heart beat



pulse



lung



muscle

blood vessel

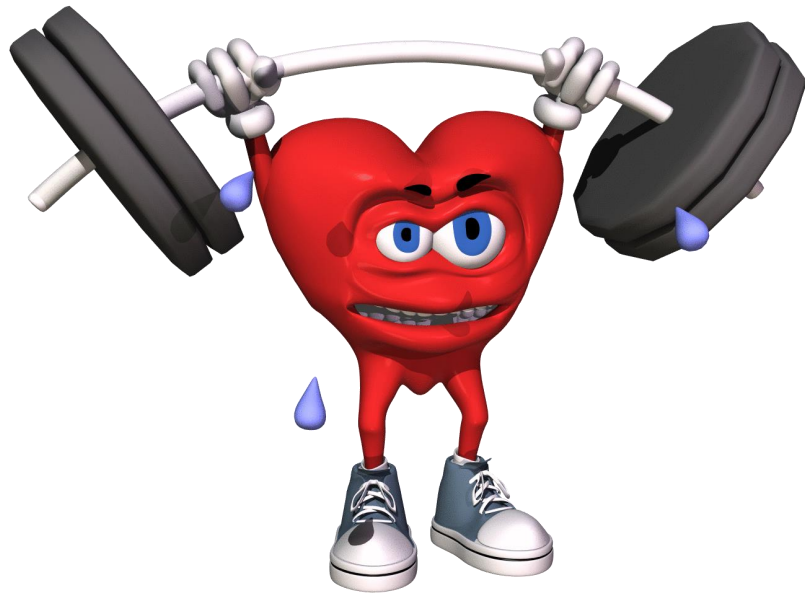
**What are the
consequences of
not eating a
healthy diet?**



**What happens to
our bodies when
we exercise?**

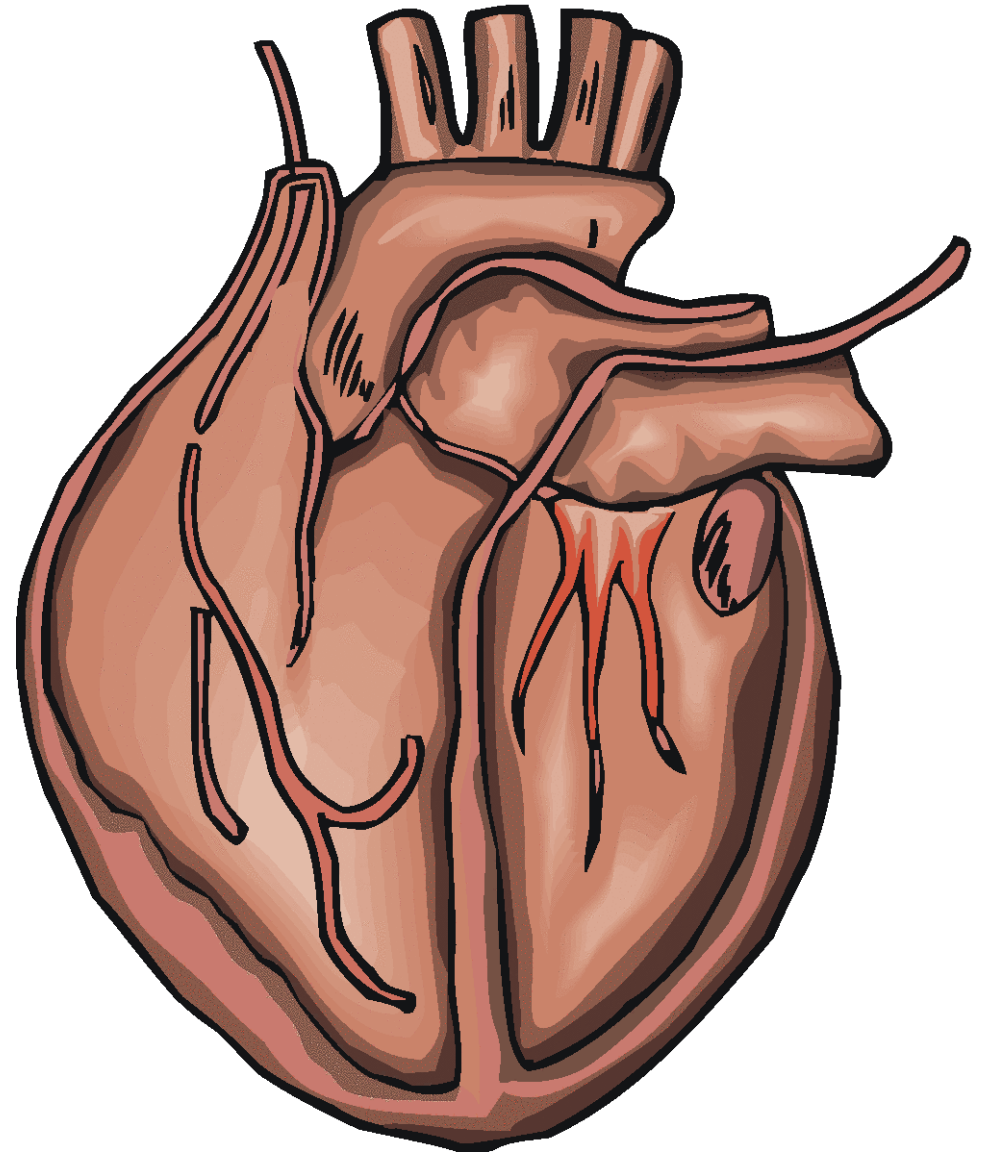
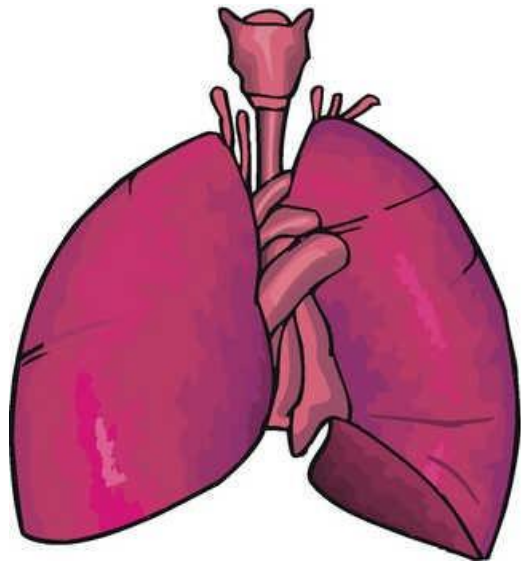


**Which factors
could affect
pulse rate?**



**How is pulse
rate related
to heart beat?**

How do our
heart and
lungs work?



**Which
substances
are harmful
to our
bodies?**

