

# What can hinder my body's ability to thrive and survive?

Thrive and Survive



Year 6



Key scientist – Dr Nora Volkow

Dr Nora Volkow studies what alcohol and drugs do to the body. Her work helps scientists understand how these substances can harm the brain and stop the body from staying healthy.



Key vocabulary

|                 |   |
|-----------------|---|
| addictive       | something that is hard to stop or control because your body or brain wants to continue doing it |
| alcohol         | a type of drug that is found in drinks like beer, wine and cider                                |
| balanced diet   | a balanced intake of different types of foods.  |
| caffeine        | a drug that stimulates your brain and nervous system found in coffee, tea and some soft drinks  |
| cannabis        | a plant-based drug which changes how people think, feel, and behave                             |
| depressant      | a class of drugs that slows down messages travelling between the brain and body                 |
| drug            | a substance which changes how the body or mind works  |
| heart rate      | the number of times your heart beats per minute (bpm)   |
| nicotine        | a chemical in tobacco that makes people addicted  |
| stimulant       | a class of drugs that speed up messages travelling between the brain and body                   |
| unbalanced diet | a diet that contains too much or too little of a particular nutrient                            |

Key learning



- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function



Working scientifically focus

- Making predictions
- Recording data
- Concluding and evaluating



Thrive and Survive – Our Learning Journey

Year 2

- Identifying what animals need to survive
- Identify what plants need to survive

Year 3

- Nutrition

Year 4

- Food chains

Year 6

- Humans staying healthy



Ethics

Should all things that harm our bodies be illegal?

