

**Subject: Science – Healthy Bodies**

**Year Group: 5/6**

**Term: Autumn 1**



	<b>What?</b> <i>Learning Challenge Skill Taught</i>	<b>How?</b> <i>Teaching Activities and Differentiation</i>
<b>WB</b> <b>05.10.2020</b>	To understand the impact of diet on the way our bodies function	<p>Show the images from Slides 29 and 30 (<b>attached</b>) and discuss scurvy and rickets with the children. What do you think causes these things?</p> <p>Look them up in your dictionary/internet to find out if you are right. Explain to children that the work of scientists in the past and today means that we understand more about what makes a healthy diet and that this knowledge has led to many illnesses associated with poor diets becoming less common.</p> <p>Now use Activity <b>Resource 2.7</b> which introduces children to the work of a scientist called John Boyd Orr. In Britain, in the early 20th century, the diet of many people was very bad, especially among the poor. Foods that we consider normal today such as milk and fresh fruit were not commonly eaten. As a result, many people, especially children, suffered from malnutrition. They didn't grow enough, were underweight and had weak bones. In the 1930s a scientist called John Boyd Orr led an experiment to look at how he could help these children.</p> <p>One group of children was chosen to be sent extra food and each child was given a small bottle of milk every day to drink at school. Orr also studied another group that didn't get any extra food or milk. This experiment lasted a year. He measured how their height and weight had changed over the year. His work helped to persuade governments to give free milk to children in schools. When children have completed the work on <b>Activity Resource 2.7</b>, explain that they are going to write a one page scientific report which explains how Orr carried out his investigation and his conclusions based on his data. Use Activity <b>Resource 2.8</b> and have children write a letter to the Prime Minister of the time, explaining why children should have milk. Ask the children to include any other information you have gained about health and how your body works to back up your ideas.</p>

## Limeys

SWITCHED ON  
Science  
Second Edition



© Pantakan Sakda / shutterstock



© Africa Studio / Adobe stock

- Sailors who spent a long time on boats used to suffer from scurvy because their diet was so poor.
- In the 1800's the Royal Navy added lime (or lemon) juice to the sailor's daily rations of grog (watered down rum). This extra dose of vitamin C helped prevent scurvy.
- This led to British sailors being given the nickname "Limeys", which is still used today.

## Rickets

SWITCHED ON  
Science  
Second Edition

- Rickets is a disease caused by a lack of vitamin D and calcium
- It can cause deformed bones in children.
- Rickets was common in the past, but is now rare.
- Foods that prevent rickets include milk, margarine, fish and eggs.
- Our bodies can also make vitamin D when exposed to sunlight.

© joshya / shutterstock

Normal



Rickets

