

Subject: Science – Healthy Bodies

Year Group: 5/6

Term: Autumn 1



	What? <i>Learning Challenge Skill Taught</i>	How? <i>Teaching Activities and Differentiation</i>
WC 12.10.2020	Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.	<p>Ask children to think about whether they believe that the government should be able to tell people whether or not they can smoke in public places like restaurants, cinemas, shops, on a bus or train.</p> <p>Remind children that the learning outcome is to recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. Remind them that they know that cigarettes and alcohol are drugs, they are addictive.</p> <p>Share the information on Slides 22–25 (Attached), giving children time to process the information and discuss the issues, so that they are able to share concerns and questions.</p> <p>Ask children to think about whether any of the information has made them think differently about smoking and, if so, why.</p> <p>Give children Activity Resources 2.5 and 2.6 to complete.</p> <p>Next show children Slides 26 and 27 which relate to alcohol. Give children the opportunity to discuss the issues raised about drinking alcohol and, as with smoking, be aware that some children may have family members who drink. Tell the children that they are going to create a public health message to warn people of the dangers of smoking and drinking. Give them options to choose from, or allow children to come up with their own ideas, such as: A role-play 'Say no to smoking' or 'Don't drink because your friend does'. A poster advertisement to encourage people to quit smoking or drinking. A TV commercial no longer than 60 seconds long, with a slogan people would remember. When children have completed their different ways of communicating healthy choices give children the opportunity to present their work.</p>

Tar

- Cigarette smoke contains a chemical called tar.
- This damages the lungs, heart and blood vessels.
- It can also stain your teeth and fingers.
- Tar has been linked to cancer.

Other chemicals

- Cigarette smoke also contains poisonous chemicals such as hydrogen cyanide and carbon monoxide.
- The nicotine in smoke is a very addictive drug.
- People find it hard to give up smoking because they become addicted to the nicotine.

Deaths from smoking

Around half of all regular cigarette smokers will be killed by their addiction.

Every year, around 96,000 people in the UK die from diseases caused by smoking.

Smoking accounts for over one-third of respiratory deaths.

Over one-quarter of cancer deaths.

About one-seventh of cardiovascular (heart) disease deaths.

SMOKING



Two-thirds of smokers start before age 18.

BUT it is illegal to sell tobacco or e-cigarettes to any person under the age of 18.

Those children and young adults who try smoking between one-third and one half will become regular smokers.

Statistics from ASH

SMOKING CIGARETTES



Smokers are more likely to develop facial wrinkles at a younger age.

Smokers are more likely to have dental problems such as bad breath, swollen gums and teeth falling out.

Teenage smokers experience more asthma and respiratory symptoms, suffer poorer health, have more school absences and are less fit.

2.5 Deaths from smoking

Source : <http://www.mortality-trends.org>

Lung Cancer Deaths in the UK (35-69 year olds)			
	Deaths per 100,000 people		
Year	Male	Female	Total
1950	118	17	
1955	142	18	
1960	172	20	
1965	181	21	
1970	183	32	
1975	179	39	
1980	162	43	
1985	150	51	
1990	130	55	
1995	101	46	
2000	79	41	
2005	70	42	
2010	62	43	

Activity 2.5

1. Complete the table to calculate the total deaths each year.
2. Plot these results as a line graph.
3. In what year did the most people die from lung cancer? _____
4. In the past, men started to smoke at an earlier age and would smoke more heavily than women. How do the figures on the graph agree with this?

5. More women are taking up smoking than in the past. How is this reflected in the graph?

6. The number of men smoking in the UK has dropped in the last 20 years. How has this affected the number of deaths due to lung cancer?

7. As well as causing lung cancer, what other health problems can be caused by smoking?

2.6 Dangers of smoking

Activity 2.6

Can you answer these questions about the dangers of smoking?

1. How many different chemicals are there in cigarette smoke?

2. Why are these chemicals bad for your lungs?

3. Give two ways that tar can damage your lungs.

4. What other effects does smoking have?

5. Why do people who smoke find it hard to give up?

