Y6 Science Knowledge Organiser – Diet, Drugs and Lifestyle

Vocabulary

Balanced Diet	A diet that fulfils a persons nutritional needs
Unsaturated fats	Fats that have a positive impact on the body
Saturated fats	Fats commonly found in animal based food
Trans fats	Unhealthy fats found in fried and processed foods
Drug 	A chemical that can change the way your body or brian functions
Painkiller 	Drugs that help the body dull pain
Stimulant 	Drugs that help you feel more awake and alert
Depressants	Drugs that slowly make the body feel calm ad drowsy
Carbon monoxide	a poisonous gas that stops the blood from carrying as much oxygen
Addiction	When a person becomes dependant on a drug

calories – a measure of energy taken from the food or drinks a person consumes

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

Smoking can damage the body

cigarette – a thin tube filled with tobacco used for smoking



vape – a device used for inhaling vapour containing nicotine and other flavours



tar – a sticky, brown substance that collects in the lungs when inhaled



nicotine – a highly addictive chemical





