



Am I perfect?



Food and Diet: Our understanding of what humans need to eat has been developed over time and currently the key research recognises The Eatwell Guide, which proportionally divides the food and drink that humans consume into five main food groups, as the best advice to follow:

- fruit and vegetables
- potatoes, bread, rice, pasta and other starchy carbohydrates.
- beans, pulses, fish, eggs, meat and other proteins.
- dairy and alternatives.
- oils and spreads.

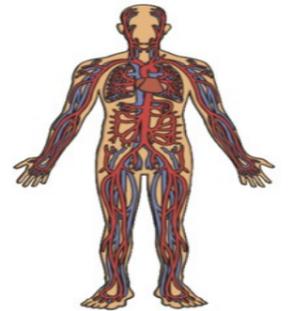


There are however 5 basic tastes that the tongue is sensitive to: salt, sweet, bitter, sour and Acidic Tastes.



Science

Circulatory system—a network consisting of blood, blood vessels, and the heart.



Heart—a hollow muscular organ that pumps the blood through the circulatory system.

Blood Vessels—tubular structures that carry blood through the tissues and organs; a vein, artery, or capillary.

Blood—the red liquid that circulates in the arteries and veins of humans and other vertebrate animals, carrying oxygen to and carbon dioxide from the tissues of the body.

Nutrient—a substance that provides nourishment essential for the maintenance of life and for growth.



Healthy Choices: We have a responsibility to our own bodies to make healthy choices that enable us to grow and develop in a healthy, positive way. **Diet, exercise, drugs** and **lifestyle** have an impact on the way our bodies function.

They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel.

This term we will talk about the impact of all of these aspects and how we can make the healthy choice to support our personal development.

12x happy Increase Serotonin Dave Summers

Leafy Greens boost Energy	Walnuts - Omega 3 brain nutrients	Smiling releases happy hormones	BANANA boosts serotonin	Spend time in nature
Cayenne Peppers Relieves Depression	Water Hydration More Energy less stress	Green Smoothie Energy boost, zap!	Epsom Salt Calming	Oats Eases Depression
Almonds Brain Food-Magnesium	Walking - clears mind boosts serotonin			

Design Technology

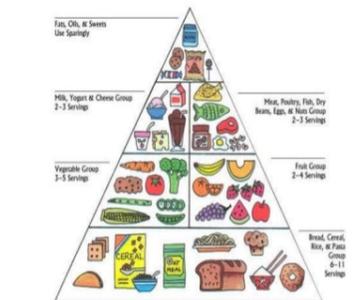
Hygienic — keeping clean and sanitary in order to maintain good health

Savoury — belonging to the category that is salty or spicy rather than sweet.

Budget — allow or provide a particular amount of money in a budget/inexpensive.

Varied diet — eating foods from across all food groups.

Breaking Down the Food Pyramid:



Famous People



Social Pyramid



Transport and Travel



Location



Food and Farming



Main Events



Vocabulary



Clues from the Past



Impact on the World