# 'Healthy Living Loop Card'

## Learning Objective:
- To be able to identify factors that are important in keeping healthy
- To know the function of some parts of the body, including organs
- To know the simple nutritional values of certain food groups

## Success Criteria:
- ✓ I can identify habits and lifestyle choices that help keep us healthy
- ✓ I can name some parts of the human body, including some organs
- ✓ I understand that food groups contain different nutritional values

## Curriculum Links:
- Science - Humans and other animals
- PSHE - health and hygiene

## No.of Children: 30  Age group: Lower KS2  Time: 1 hour

## Resources:
- Ready prepared loop cards
- Set of blank loop cards x 30
- Pencils
- Healthy living facts prompt cards (created by BevEvans TES website)

## Introduction:
- Hand out the loop cards - keep face down initially.
- Talk to the children about how loop cards work if they are not already familiar with the game.
- Children turn over and read own loop card.
- The person with 'start' reads out the question on the right hand side of their card.
- The person with the answer (anywhere in the room) stands up and shouts out the answer from the left hand side of the loop card. They then read the question from the right hand side of their loop card.
- This pattern continues until the person with the card 'end'.

## Main Activity:
- Explain to the children they are going to create their own 'healthy living' loop cards.
- Model to the children how the answer goes on the right hand side, and the question on the left.
- Allow children to work in pairs to discuss ideas if you wish.
- You may wish to have some 'keeping healthy factsheet' placed around the room to prompt ideas.
- Fewer loop cards can be filled out then the whole class set as provided on the blank template. As long as the last card says end, the game will work with 10 – 30 cards.
**Plenary:**
- Select several children to play their game.
- Discuss with the children whether the facts were accurate and informative
- Discuss whether the questions completed a 'loop' as intended.

**Differentiation:**
- The activity can be completed in small groups or pairs if children are struggling with ideas
- One child could be the nominated 'writer'
- Provide children with images and healthy living facts to help prompt ideas
- Reduce the number of 'loop cards' required to make the task simpler.
- More able pupils could try to include a wide range of factors that contribute to keeping healthy (hygiene, diet, exercise, water, sleep...) and could try to include facts such as recommended daily intakes etc.
### Keeping Healthy Fact Sheet

<table>
<thead>
<tr>
<th>The <strong>Heart</strong> is an organ that pumps blood around the body - <strong>circulation</strong>. Your <strong>heart beat</strong> is the rhythmic contractions of the muscle.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nerves</strong> are a network of connections between the brain and the body</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The <strong>digestive system</strong> - food is chewed into small pieces and then swallowed. In the stomach it is digested into even smaller pieces that will pass through into the blood stream. It is used by the body for energy, growth and repair. What is not used is passed out of the body as waste.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drugs</strong> have an effect on the body and can become an <strong>addiction</strong>. Taking drugs can have side effects on the body, such as tiredness.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Exercise</strong> is beneficial and promotes good health. We need <strong>energy</strong> in order to work, move and grow - we eat food to provide our body with this.</th>
</tr>
</thead>
<tbody>
<tr>
<td>We breathe using our <strong>lungs</strong>, <strong>oxygen</strong> is a gas found in the air we need to breathe. Our bodies produce another gas, <strong>carbon dioxide</strong>, we get rid of this by breathing out.</td>
</tr>
<tr>
<td><strong>addiction</strong> - when someone cannot stop taking harmful drugs e.g. cocaine, heroin.</td>
</tr>
<tr>
<td><strong>alcoholic</strong> - a person who is addicted to the drug alcohol</td>
</tr>
<tr>
<td><strong>artery</strong> - a blood vessel carrying blood away from the heart</td>
</tr>
<tr>
<td><strong>brain</strong> - the organ that controls the nervous system</td>
</tr>
<tr>
<td><strong>capillaries</strong> - tiny blood vessels</td>
</tr>
<tr>
<td><strong>carbon dioxide</strong> - the gas that our bodies produce and need to get rid of by breathing out</td>
</tr>
<tr>
<td><strong>circulation</strong> - the process of moving blood around the body</td>
</tr>
</tbody>
</table>
Start

What are the tubes that carry blood around the body?

Arteries and Veins

What food types should we be careful to limit?

Fats and Sugars

What is the organ that pumps the blood around the body?

The Heart

Why do we sweat when exercising?
To cool us down

Which type of food gives us energy?

Carbohydrates

Cigarettes are bad for your
a) liver
b) lungs

Lungs

Which part of the body do we touch to measure our pulse rate?

Wrist or Neck

Which foods give us vitamins?
Fruit and Vegetables
Protein is found in.....

Meat and Eggs
Alcohol is bad for
a) the liver
b) the lungs

Liver
Cigarettes contain.....

Tar and Nicotine
When we exercise, our heart beats faster to get what to the lungs?
<table>
<thead>
<tr>
<th>Oxygen</th>
<th>Dairy products contain something that is good for bones and teeth. What is it?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Oxygen is taken to the brain and to the ________ when we exercise.</td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calcium</th>
<th>How many portions of fruit and vegetables are we recommended to eat per day?</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Muscles</th>
<th>Canines are types of what?</th>
</tr>
</thead>
</table>
Teeth: How much water should be drink every day? 6-8 cups or glasses

Under 4 g: What percentage of the body is made out of water? 70% (approx.)

What is the recommended daily salt allowance of children? Nuts are a good source of ________.
Protein
Orange juice is a good source of which vitamin?

Vitamin C
How many times a day should you brush your teeth?

Twice a day (2 times)
Which part of your body has the biggest muscle?

Bottom (Gluteus Maximus)
Which lung is slightly smaller – left or right?
Left (because it is near the heart)

The brain is protected by which part of the skeleton?

The Skull

Which is the biggest bone in the human body?

The Femur (thigh bone)

Foods grown without chemicals or pesticides are known as __________?

Organic

Where does a potato grow?
<table>
<thead>
<tr>
<th>Under the ground</th>
<th>How many sets of teeth will humans have?</th>
<th>2 sets (milk teeth and adult teeth)</th>
<th>Your heart rate increases when you ______?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>Sleep is an important part of ______?</td>
<td>Keeping healthy!</td>
<td>End</td>
</tr>
</tbody>
</table>