Science – Year 5/6A Summer 2

Revision Block A

Medical Manoeuvres

Session 3

Resource Pack

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<table>
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<th>Human life cycle labels</th>
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<tr>
<td>Foetus</td>
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<td>Baby</td>
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<td>Child</td>
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<td>Adolescent</td>
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<td>Adult</td>
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<td>Elderly adult</td>
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Food myths

_We shouldn’t eat any fat_ – wrong! We need to eat ‘good’ fats like those found in nuts, seeds, olive oil, avocado and oily fish.

_Low fat food versions are always better_ – wrong! Manufacturers of such foods often compensate the impact on flavour by lowering the fat with additional sugar. Always check the ingredients!

_Fruit juice is good for us_ – right and wrong! The form that juice takes means that the fruit sugar (fructose) has been released and can contribute towards tooth decay. It does contain vitamins, but however much you drink it only ever counts as one of your 5 a day and recommendations suggest no more than 150ml a day – that’s not much!

_Eating too much fat is the only dietary cause of heart disease_ – wrong! Scientists have suggested that sugar is also a huge contributing factor to heart disease.

_As long as I do lots of exercise it doesn’t matter what I eat_ – wrong! Often such an ‘approach’ can actually result in you eating more anyway! A poor diet will never be compensated by exercise. You need to do both.
Drugs and alcohol myths

If it’s a prescription, it must be safe; you can’t get addicted to something your doctor prescribes. Wrong! Although many medications are perfectly safe if taken in the prescribed dosage for a short period of time, prolonged use can be dangerous and even addictive. Some prescription drugs are especially hazardous if the user exceeds the prescribed dosage or takes a specific combination of drugs.

‘Natural’ drugs are safer than synthetic ones. Wrong! Marijuana, mushrooms and other ‘natural’ highs affect your brain and produce dangerous side effects. They aren’t harmless just because they are organic.

If you have a good job and family life, you can’t be a drug or alcohol addict. Wrong! Drugs affect all walks of life.

Drug addiction is a choice. Wrong! Using drugs is a choice, but when drugs are used over a prolonged period of time your body and brain chemistry changes - when this happens, you become an addict and cannot control your usage.

You just need to stop taking drugs or stop drinking and you will be fine. Wrong! An addict will likely need help to do this and in fact a sudden and rapid ‘detox’ program can be highly dangerous (even fatal). You cannot be ‘cured’ from an addiction as it is a chronic illness. However, you can manage it, usually with help.

Legal drugs (cigarettes, alcohol etc) are not harmful. Wrong! They are harmful AND addictive, they are just legal. Legal in one country also doesn’t mean that it is legal in another country.

There are alcohol limits when driving, but you can take drugs and drive. Wrong! Even many prescription drugs say that you shouldn’t drive as they can impair your abilities, reactions and judgements.

Just trying a drug once won’t make me an addict or do me any harm. Wrong! It may not initially, but can lead to addiction. One dose of a drug could also kill you or leave you seriously ill – especially if you don’t know what else has been added to it.
Exercise and lifestyle myths

**Everyone needs the same amount of sleep.** Wrong! Children of different ages need different amounts of sleep, and even adults vary in what they feel they need from anything from 5 or 6 hours to 10 hours.

**For exercise to count it has to be an organised session or lesson and you need to be in kit.** Wrong! Walking to school is exercise – remember the different NHS types of exercise? Being active and exercising can take many different forms.

**I don’t need to warm up before exercise** – yes, you do if you want to prevent injury. Note though that warming up is different to stretching and that just stretching has little effect on preventing injury. A good warm-up might be a walk or gentle jog.

**If I exercise to keep fit I don’t need to be as careful with the food I eat** – while Jessica Ennis-Hill admits to eating sweets during competition to give her energy, a healthy diet is still a must even if you exercise a lot.

**I don’t put weight on easily so I don’t have to worry about what I eat.** Wrong! The wrong foods don’t just cause obesity, but also an array of different health issues.