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| Keeping Healthy  Q: How many chambers are there in the heart?  A: 4 | Keeping Healthy  Q: Why does the heart pump blood around the body?  A: To get oxygen to the cells that need it. |
| Keeping Healthy  Q: What is pulse rate a measure of?  A: How many times your heart is beating. | Keeping Healthy  Q: Why is smoking bad for you?  A: Because it is addictive and can damage your heart and lungs. |
| Keeping Healthy  Q: What is the best type of diet?  A: A balanced diet. | Keeping Healthy  Q: What is a balanced diet?  A: It is when you eat a wide variety of food groups in the right amounts. |
| Keeping Healthy  Q: What does protein do?  A: Protein helps the body grow. | Keeping Healthy  Q: What do carbohydrates do?  A: Carbohydrates are the fuel that give you energy. |
| Keeping Healthy  Q: What does fibre do?  A: Fibre helps your digestive system. | Keeping Healthy  Q: What is fat used for in the body?  A: Fat is used for energy and keeping warm. |

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| Keeping Healthy  Q: Where in the body is blood made?  A: Blood is made in the bones. | Keeping Healthy  Q: Which food group helps us fight disease?  A: Vitamins and minerals help us fight disease. |
| Keeping Healthy  Q: Why does your heart beat faster when you exercise?  A: Because more oxygen needs to be delivered to the muscles. | Keeping Healthy  Q: Are there any bad foods?  A: No, there are only foods that are bad if you eat to many of them. |
| Keeping Healthy  Q: What does your heart do?  A: Your heart pumps blood around your body. | Keeping Healthy  Q: Do veins carry blood to or from your heart?  A: Veins carry blood to your heart. |
| Keeping Healthy  Q: Do arteries carry blood to or from your heart?  A: Arteries carry blood to your heart. | Keeping Healthy  Q: What happens to blood when it reaches the lungs?  A: It drops off carbon dioxide and picks up oxygen. |
| Keeping Healthy  Q: When is it ok to take drugs?  A: When they are medicines and you take the prescribed amount. | Keeping Healthy  Q: How many portions of fruit and vegetables should we try to eat each day?  A: 5 |

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| Keeping Healthy  Q: How many food groups are there?  A: 5 | Keeping Healthy  Q: How old do you have to be to buy alcohol?  A: 18 |
| Keeping Healthy  Q: Which of these is a possible effect of drinking alcohol – a)slower reactions b)damaged liver c)memory loss.  A: All of them. | Keeping Healthy  Q: Which of these is not a possible effect of smoking – a)heart disease b)nice breath c)yellow teeth d)lung cancer  A: b – nice breath |
| Keeping Healthy  Q:True or False – coffee is a drug.  A: True | Keeping Healthy  Q: What do white blood cells do?  A: They attack things that shouldn’t be in the body. |
| Keeping Healthy  Q: The answer is smoking, high fat diet, stress and a lack of exercise. What is the question?  A: What is bad for the heart? | Keeping Healthy  Q: Why should we exercise?  A: Because it keeps our bodies healthy and releases a chemical that makes us happy |
| Keeping Healthy  Q: How much water should we drink each day?  A: About 8 average size glasses. | Keeping Healthy  Q: What is a good source of calcium?  A: Milk is a good source of calcium. |