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

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

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