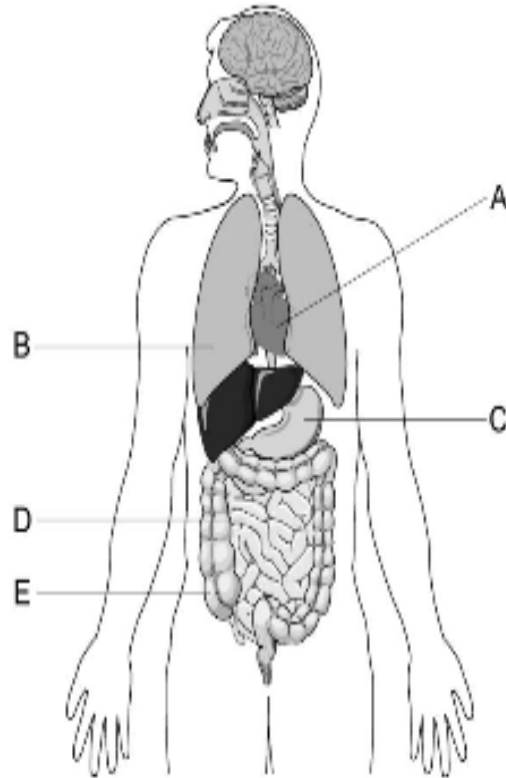


## Healthy Living 1

1. The diagram shows some of the organs of the human body.



a. Name organ A and describe what it does.

Name of organ: \_\_\_\_\_

What it does: \_\_\_\_\_

(2 marks)

b. Which organ system do organs C, D and E belong to? Underline the correct answer.

reproductive    digestive    circulatory    respiratory

(1 mark)

2. Jacob is an athlete who is preparing for an important sports event. He trains every day. Answer the following questions:

a. What effect does exercise have on Jacob's heart rate?

\_\_\_\_\_ (1 mark)

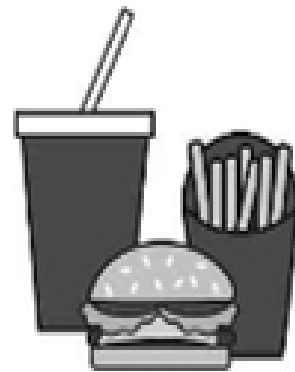
Explain your answer: \_\_\_\_\_

\_\_\_\_\_ (2 marks)

b. Jacob's heart beats 12 times in 10 seconds. What would the heart rate be in beats per minute?

\_\_\_\_\_  
\_\_\_\_\_ (1 mark)

Jacob has a very busy life and on most occasions he eats fast food which he buys from take-away bars. Recently he started to smoke.



Jacob had lunch with three of his friends as shown in the following table:

Name	Lunch
Steve	A chicken pie
Jacob	A double cheeseburger and chips
Anne	A cola drink and a doughnut
Dennis	Vegetable soup and an apple

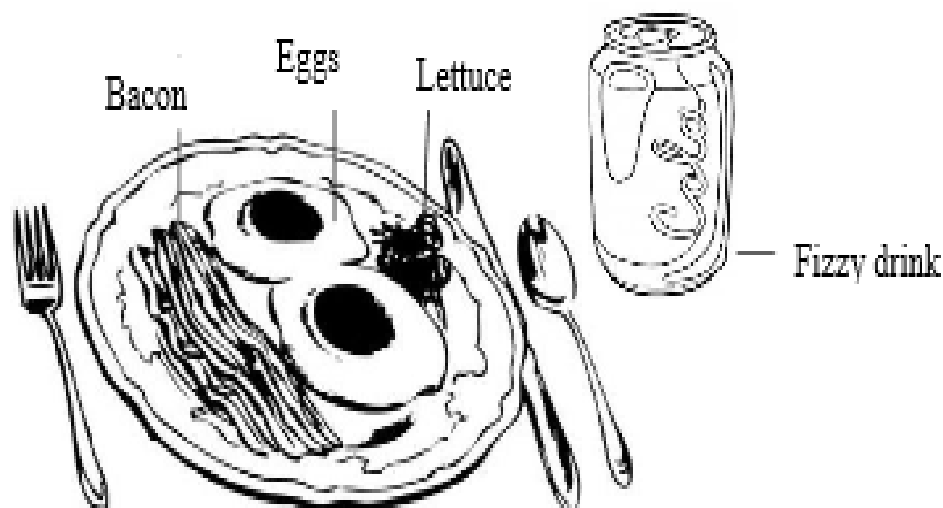
c. (i) Whose lunch had the most fibre? \_\_\_\_\_ (1 mark)

(ii) Whose lunch had the most sugar? \_\_\_\_\_ (1 mark)

(iii) Suggest ONE reason why eating fibre is important.  
\_\_\_\_\_ (1 mark)

(iv) What advice would you give to Jacob to improve his chances of being a good athlete?  
\_\_\_\_\_ (1 mark)

1. Jonathan went in a restaurant for a meal. He ordered bacon, eggs and a fizzy drink.



a) From the picture above, name ONE food that is:

i) rich in fibre \_\_\_\_\_ (1 mark)

ii) rich in proteins \_\_\_\_\_ (1 mark)

b) Why is fibre needed in our diet? \_\_\_\_\_  
\_\_\_\_\_ (1 mark)

At the restaurant Jonathan met his friend Joanne. She told Jonathan she wants to reduce weight and stop smoking.

c) Why should Joanne avoid eating bacon, eggs and fizzy drinks?  
\_\_\_\_\_ (1 mark)

d)            ONE chemical in cigarette smoke that is harmful to Joanne. (1 mark)

Nicotine

Carbon dioxide

Nitrogen

e) Which organ in our body is harmed by cigarette smoke?

\_\_\_\_\_ (1 mark)

f) Jonathan and Joanne had to run fast to catch the bus. What happened to their pulse rate after the run?

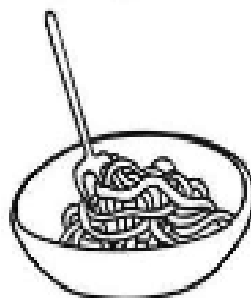
\_\_\_\_\_ (1 mark)

1. This question is about food and digestion.

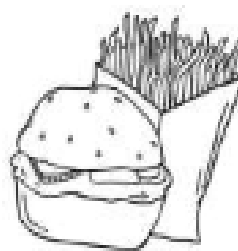
a. The dishes below are Ron's favourite food.



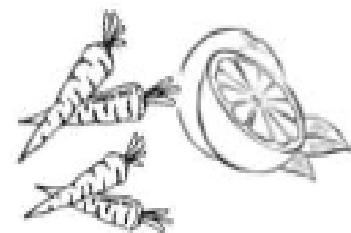
Chicken



Spaghetti



Burger and chips



Fruit and vegetables

Which dish is a main source of:

i. Carbohydrates? \_\_\_\_\_

ii. Vitamins? \_\_\_\_\_

2 marks

b. Ron usually buys wholemeal spaghetti. These are rich in fibre. Why is fibre important in the diet?

\_\_\_\_\_ 1 mark

c. Which of the above foods can cause heart disease?

\_\_\_\_\_ 1 mark

d. Ron needs to improve his muscle power. Which of the above food is mostly needed to grow new muscle cells?

\_\_\_\_\_ 1 mark

2. Mark has measured his pulse rate during exercise. These are his results.

Time/sec	0	1	2	3	4	5	6	7	8	9	10	11	12
Pulse rate/min	65	75	88	100	130	145	150	152	153	151	120	110	98

a. Between which two times was Mark's pulse rate increasing most quickly?

Tick (✓) the correct answer.

- Between 0 – 3 seconds  
 Between 3 – 6 seconds  
 Between 6 – 9 seconds  
 Between 9 – 12 seconds

1 mark

b. Explain why his pulse rate increased during the race.

\_\_\_\_\_ 2 marks

c. Predict what happens to Mark's breathing rate during the race?

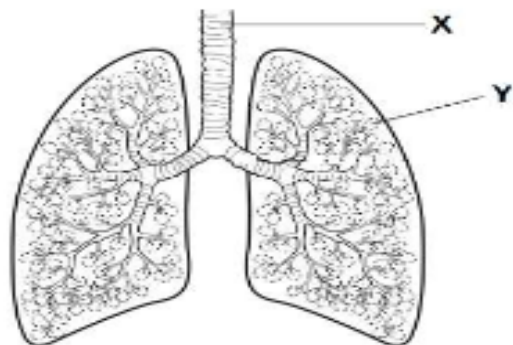
\_\_\_\_\_ 1 mark

d. Name the parts labelled X and Y.

X: \_\_\_\_\_

Y: \_\_\_\_\_

2 marks



e. Mark was aware that a number of microbes might effect his health. Match each disease to the correct microbe, by writing the correct number in the last column. One has been done for you as an example.

1	Influenza
2	Athlete's foot
3	Salmonella food poisoning
4	Tuberculosis (TB)

Bacteria	4
Bacteria	
Fungus	
Virus	

3 marks

f. Unfortunately Mark is a heavy smoker. Briefly describe the effect of smoking on his health.

\_\_\_\_\_ 2 marks

8. From a supermarket we can get many different foods.

a. Give **THREE** reasons why we need food.

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3 marks

b. A supermarket is selling a new chocolate bar. This poster is being used to advertise this new chocolate.

The poster shows that the bar contains fibre. Why do we need fibre in our diet?



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2 marks

c. Tick (✓) **TRUE** or **FALSE** for each of these sentences.

**THREE** sentences are **FALSE**. For the false sentences, write out the correct sentence on the lines below.

	<b>TRUE</b>	<b>FALSE</b>
(i) The chocolate bar in the poster is rich in carbohydrates. _____	<input type="checkbox"/>	<input type="checkbox"/>
(ii) Meat contains lots of carbohydrates. _____	<input type="checkbox"/>	<input type="checkbox"/>
(iii) Meat is a good source of fibre. _____	<input type="checkbox"/>	<input type="checkbox"/>
(iv) Fats are a good source of energy. _____	<input type="checkbox"/>	<input type="checkbox"/>
(v) Carbohydrates are a good source of energy. _____	<input type="checkbox"/>	<input type="checkbox"/>
(vi) We need proteins as a source of energy. _____	<input type="checkbox"/>	<input type="checkbox"/>

9 marks

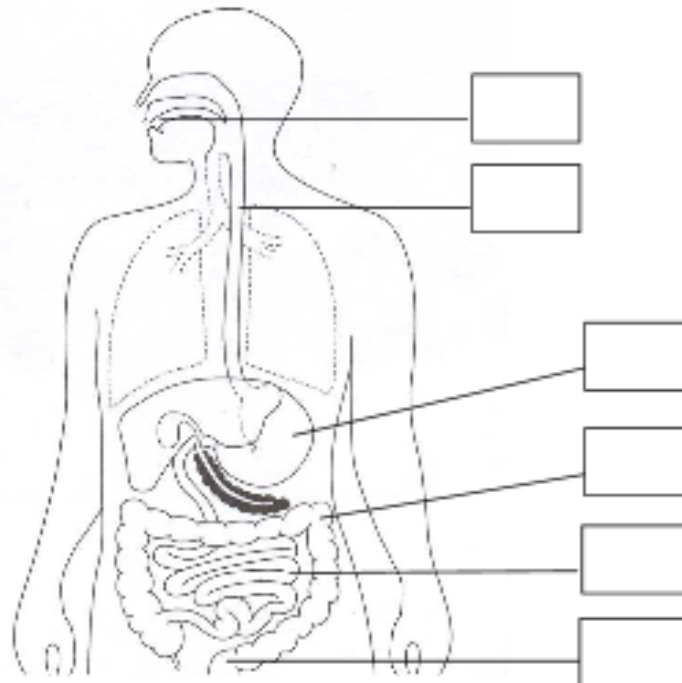
7. Our body needs food to carry out different activities. Complete the following table. The first one has been done for you.

Food needed for...	Example of food	This food is rich in...
a. running	rice	carbohydrates
b. growing up	meat	
c.		calcium
d. staying healthy	vegetables	
e.		fibre

(6 marks)

11. The following diagram shows the human digestive system.

Use the following table to mark the diagram with the LETTERS showing where the following take place.



What happens	Place
Water is reabsorbed here	A
Food is broken down into a fine paste	B
Food is absorbed into the blood	C
Chewed food is passed through this	D
Food is taken in	E
Waste is removed from here	F

(6)