**SUNFLOWER CLASS YEAR 6 COVER WORK (**in case of school closure)

**Science Research and Presentation Task**

Medicines are legal drugs that make us recover from illness, although these should only be taken when prescribed by a doctor or when an adult carer advises that it is a good choice to help you feel better.

Medicines should be kept out of reach of small children. Many medicine bottles have additional safety features on the lid, such as childproof caps.

However, some drugs can have a negative impact on our health and the way in which our bodies function.

As part of the year 6 **Healthy Lifestyle** topic in science, your task is to **research** the short and long term effects of certain lifestyle choices on our health.

I have completed the first table as an example.

When you have done your research, you need to **present** your research. How you present the research is totally your choice.

(Example: poster, leaflet, booklet, PowerPoint, animation…what else…your choice!)

GOOD LUCK!

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| **Consuming caffeine** | **What are the rules in the UK? Laws associated with buying and using it** | **No laws for caffeine as it is a drug that is fairly safe and does not cause dangerous addiction.** |
| **short-term health risks of using it** | * **stimulates the heart to beat faster**
* **raises blood pressure**
* **makes you feel less tired**
* **relaxes your nervousness**
 |
| **long-term health risks of using it** | * **insomnia-you cannot sleep**
* **headaches and irritation if you don’t get enough**
* **nervousness if you don’t get enough**
* **shaky hands if you don’t get enough**
* **palpitations (heart fluttering) if you don’t get enough**
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| **Drinking Alcohol** | **What are the rules in the UK? Laws associated with buying and using it** |  |
| **short-term health risks of using it** |  |
| **long-term health risks of using it** |  |

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| **Smoking cigarettes** | **What are the rules in the UK? Laws associated with buying and using it** |  |
| **short-term health risks of using it** |  |
| **long-term health risks of using it** |  |

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| **Using Solvents** | **Laws associated with buying and using it** |  |
| **short-term health risks of using it** |  |
| **long-term health risks of using it** |  |