HEALTH WARRIORS

Module 4 : Health Heroes Workbook

Name:

Meet the HEALTH WARRIORS

who will help you through the module on your journey to becoming a Health Hero!
Each warrior has a special power...

Q asks lots of questions and reminds you to tell someone if you need help.

Crunch knows all about healthy diets and will encourage you to think about trying some new foods.

Ace works as a scientist and will help you to find out about your body.

Buddy is a good friend and will guide you to work with your friends and support each other.

Snooze knows all about how we sleep and will assist you in learning about healthy sleep routines..

Wizz understands how to keep his body healthy and will help you to find out why exercise is good for your body.

Virtuali-Tee Fill in the Gaps

The _____ is a muscle that pumps blood through _____ around your body to deliver _____ and nutrients to your organs and muscles.

Blood then returns to the heart with the oxygen and nutrients used up.

The heart pumps deoxygenated blood to the _____ where more oxygen can be collected by red blood cells.

Tubes called _____ take the blood **away** from the heart.

Tubes called _____ take the blood **back** to the heart.

heart	veins
lungs	oxygen
blood vessels	arteries

Did you know…
Your heart beats about 100,000 times a day!

Heart Rate Investigation (1)

What is your question?
(e.g. *Does exercise affect heart rate?* - don't do this one though, we all know the answer already!)

Prediction – What do you think will happen?

What will you measure?
How/When will you measure it?
How will you set it up?
How many people need to be involved?

Heart Rate Investigation (2)

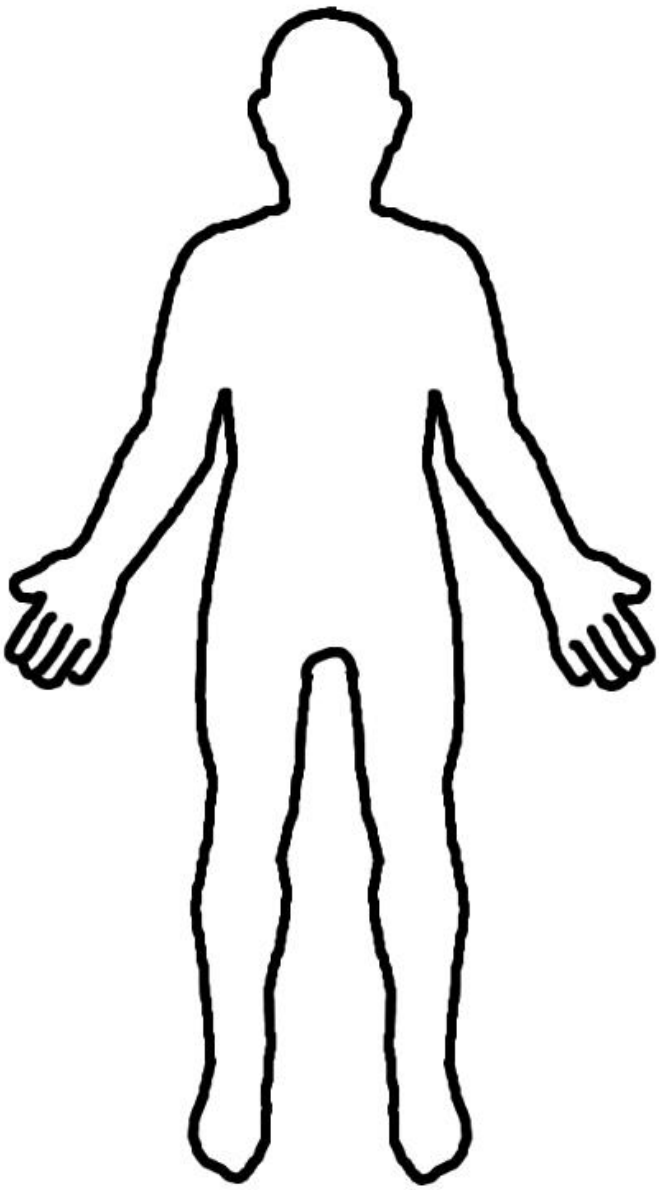
What variable is staying the same?

What variable is changing?

Equipment List

Summary of findings (remember to present your data in a table or graph)

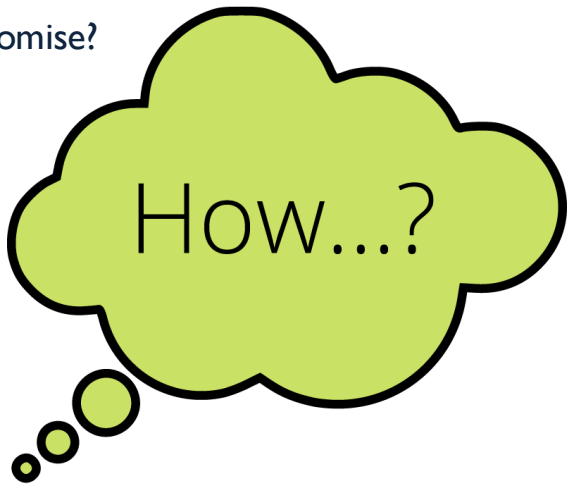
Design a 'Health Hero'



Health Promise

Think of something that you would like to change to make yourself healthier. Ask yourself questions about how you will make it happen…

- What do you want to change?
- How important is this for you?
- How will you start your change?
- What will you do to make sure you keep your promise?
- What might you find difficult?
- How can you get over these difficulties?



My Health Warrior Promise

Nutritionist for a Day - Planning

You are a Nutritionist given the task of producing example meal plans to be used in publicity for 8-10 year olds in your local community.

Plan a menu of 3 meals and 2 snacks that meet the Eatwell guidelines for a child. Tick off each requirement with a drywipe marker when you know you've met it in your plan. Include some important facts on each food group.

Remember to be reassuring; nobody is perfect, and sometimes we can't meet the guidelines because there are special occasions or life is just too busy. What matters is that we try our best to do it on most days.

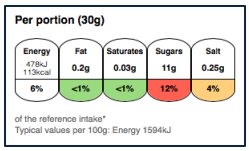
1. Breakfast Planning

Choose a main item that is a starchy food and serve with a fruit/vegetable
You may also be able to add a protein e.g. scrambled eggs on wholemeal toast
Breakfast items often involve dairy.

Beware of extra sugar in some cereals or toast toppings – check the labels by looking up products online.

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

e.g. a small bowl of 'Frosties', would use up almost half of the daily recommendation for sugar



Nutritionist for a Day - Planning

2. Lunchbox Planning

Choose a main item that is a starchy food with protein and a fruit/vegetable
e.g. a ham and tomato sandwich on wholemeal bread, or a tuna sweetcorn pasta salad

Is there any dairy in your main item?

Yes

No

Add a dairy item
e.g. a yoghurt or some cheese

Add another fruit/vegetable

Add a drink

Add something else (optional)
e.g. rice cakes, dried fruit, sugar-free jelly

For more inspiration, visit:
www.nhs.uk/change4life/recipes/healthier-lunchboxes

Nutritionist for a Day - Planning

3. Dinner Planning

This is your opportunity to plan a main meal (some families do eat this at lunchtime, and some children have a school dinner as their main meal).

Think carefully about making sure you choose a meal that includes a starchy food (bread, pasta, rice, noodles etc), a vegetable and a protein.

The recipe book we have provided will help you consider examples of healthy, balanced meals. You can use or adapt these for your plan.

You can, of course, include a pudding but do watch that sugar content!

Nutritionist for a Day - Planning

4. Two snacks

The recommendation for children is a maximum of two snacks per day. Ideally, these should be healthy snacks, involving fruit/vegetables.

Snack A

Snack B

5. Drinks

Water and lower-fat milks are always the best choices when it comes to drinks. Alternatively, choose sugar-free or no-added sugar drinks.

Final Meal Plan

Dish	Fruit and Vegetables	Starchy carbohydrates	Protein	Dairy	Oils and Spreads
e.g. Pizza and salad	Tomato sauce Sweetcorn Salad	Wholemeal pizza base	Ham	Cheese	None

Summarising the CMO Report on Physical Activity

Summarise the main guidelines for young people aged 5-18:

- _____
- _____
- _____
- _____
- _____
- _____

Are there any surprises in the guidelines? What would you add or remove?

My Perfect Sleep Routine Plan

Time Slot					
Activity					

Planning your Health Campaign (1)

What health issue is your campaign about? e.g. healthy diet

What is the specific focus of your campaign? e.g. sugary drinks

What ideas do you have?
e.g. a slogan, a character or a special event?

How do you think you could evaluate your campaign?
Do you need to collect data before and after the campaign?

'Before' questions we could ask:

'After' questions we could ask:

Planning your Health Campaign (2)

Campaign Title/Slogan:	
Specific focus:	
	People Responsible
Resources we need to create: e.g. Poster about…, leaflet explaining…	
Materials we need to collect: e.g. 3 sheets of A1 paper, marker pens	
Evaluation – is this a written survey people fill in? Or a tally chart that your team complete? Describe below. Include before/after questions	
Any other important information to remember?	

Glossary

anaemia - A condition where red blood cells cannot carry enough oxygen around the body), which can cause tiredness and shortness of breath.

artery - A vessel that carries oxygenated blood away from the heart to the farthest reaches of the body.

atrium - The atrium is one of the two upper chambers in the heart that receives blood from the circulatory system.

atherosclerosis - Atherosclerosis thickening or hardening of the arteries.

blood vessels - Blood vessels are channels that carry blood throughout your body.

cardiac cycle - The cardiac cycle is a series of pressure changes that take place within the heart. These pressure changes result in the movement of blood through different chambers of the heart and the body.

cell - Every organism, or living thing, is made up of structures called cells. The cell is the smallest unit with the basic properties of life. Human beings are made up of more than 75 trillion cells.

circulatory system - The circulatory system is the network of organs (including the heart) and vessels that allows the flow of blood, nutrients and oxygen around the body.

clotting - Blood clotting is an important process that prevents excessive bleeding when a blood vessel is injured. Platelets and proteins in your plasma work together to stop the bleeding by forming a clot over the injury.

CPR - CPR stands for cardiopulmonary resuscitation. It is an emergency life-saving procedure that is done when someone's breathing or heartbeat has stopped.

deoxygenated blood - Deoxygenated blood is the blood that has a lower oxygen saturation in comparison to blood exiting the lungs.

diagnose - To identify an illness or other problem by examination of the symptoms.

guidance - Advice or information (often given by someone in authority) aimed at resolving a problem or difficulty.

heart attack - A heart attack is a serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot.

heart rate - The speed at which the heart beats.

immune system - A complex network of cells, tissues, organs, and the substances they make that helps the body fight infections and other diseases.

intensity - The strength of something that can be measured (light, sound, exercise).

lungs - The lungs are a pair of breathing organs located with the chest which remove carbon dioxide from and bring oxygen to the blood.

Glossary

microscope - A microscope is a laboratory instrument used to examine objects that are too small to be seen by the naked eye.

nucleus - A nucleus is the central part of a cell that controls its growth.

nutritional information - Nutritional Information shows what nutrients and other ingredients are in food and is labelled on most packaged food.

nutritionist - A nutritionist is a person who advises others on food and nutrition and their impacts on health.

oxygenated blood - Blood that has been introduced to oxygen in the lungs is referred to as oxygenated blood.

oxygen saturation - Oxygen saturation is the level of oxygen in the blood. A blood cell is said to be saturated when carrying a normal amount of oxygen.

plasma - Plasma is the liquid component of your blood that contributes to 55% of your blood's total volume.

platelets - Platelets are tiny blood cells that help your body form clots to stop bleeding.

Protein - Protein is an important nutrient made of microscopic building blocks called amino acids. It's an important part of a balanced diet and can be found in a variety of foods. Different parts of your body are built from protein.

pulmonary vein - Pulmonary veins are blood vessels that carry oxygen-rich blood from your lungs to your heart.

pulse oximeter - A pulse oximeter is a medical device used to measure the oxygen level (oxygen saturation) of the blood.

recommended - Advised or suggested as good or suitable.

red blood cells - The red blood cell's main function is to carry oxygen from the lungs and deliver it throughout our body. Red blood cells also transport waste such as carbon dioxide back to our lungs to be exhaled.

requirement - Something that is compulsory; a necessary condition.

respiratory rate - The respiratory rate is the number of breaths a person takes per minute. The rate is usually measured when a person is at rest and simply involves counting the number of breaths for one minute by counting how many times the chest rises.

sedentary - A sedentary lifestyle is one involving little exercise or physical activity.

Sickle Cell Disease - People with sickle cell disease produce unusually shaped red blood cells that can cause problems because they do not live as long as healthy blood cells and can block blood vessels. Sometimes, people with sickle cell disease can develop anaemia (where red blood cells cannot carry enough oxygen around the body), which can cause tiredness and shortness of breath.

Glossary

stethoscope - A medical instrument for listening to the action of someone's heart or breathing, typically having a small disc-shaped resonator that is placed against the chest, and two tubes connected to earpieces.

stroke - A stroke is a serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off.

valve - Blood passes through a valve before leaving each chamber of the heart. The valves prevent the backward flow of blood.

veins - Veins are blood vessels located throughout your body that collect oxygen-poor blood and return it to your heart.

ventricle - The ventricles are large cavities or chambers of the heart. There are two of them and they pump blood to the arteries.

vigorous - Involving physical strength, effort, or energy.

white blood cells - White blood cells are a part of your immune system that protects your body from infection. These cells circulate through your bloodstream and tissues to respond to injury or illness by attacking any unknown organisms that enter your body.

Early
LIFELAB