

Lesson 4: Staying Alive

- I can analyse data and suggest how it supports ideas about a healthy diet and lifestyle.



Matching game!

Which drug affects which organ? Which one is the odd one out?

Alcohol

Medicines

Cigarettes

Lungs

Liver

Heart

The odd one out is _____ because _____



Nutrition – the importance of a balanced diet



John Boyd Orr was born in Ayrshire, Scotland in 1880, the middle child of a family of seven,

He was a medic in the trenches during **WWI** and witnessed how the poor diet and conditions led to the poor health of the soldiers he served with. After the war, he set up the Rowett Research Institute.

He was the first scientist to show that there was a link between poverty, poor diet and ill health.



In Britain in the early **1900s**, the diet of many people was very bad, especially amongst the poor. Foods that we consider normal today such as **milk** and **fresh fruit** were not commonly eaten.

As a result, many people, especially children, suffered from **malnutrition**. They didn't grow enough, were underweight and had weak bones.

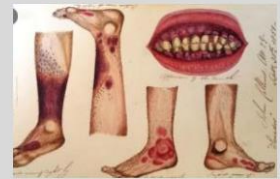


In the **1930s**, John Boyd Orr led an experiment to look at how he could help those children. One group of children was chosen to be sent extra food and each child was given a small bottle of **milk** to drink at school. Orr also studied another group that didn't get any extra food.

Glossary

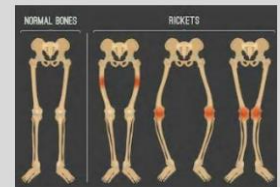
Scurvy

A disease caused by a vitamin C deficiency, mainly affecting sailors at sea. Fruit and vegetables have vitamin C but it was difficult to store them on ships that would sail at sea for months.



Rickets

A disease caused by a lack of vitamin D and calcium and causes bone deformities. Milk, butter and dairies help us have strong bones that develop properly.



Look at the table below. What do the results of Dr Orr's experiment show? Complete the following sentences in the box below.

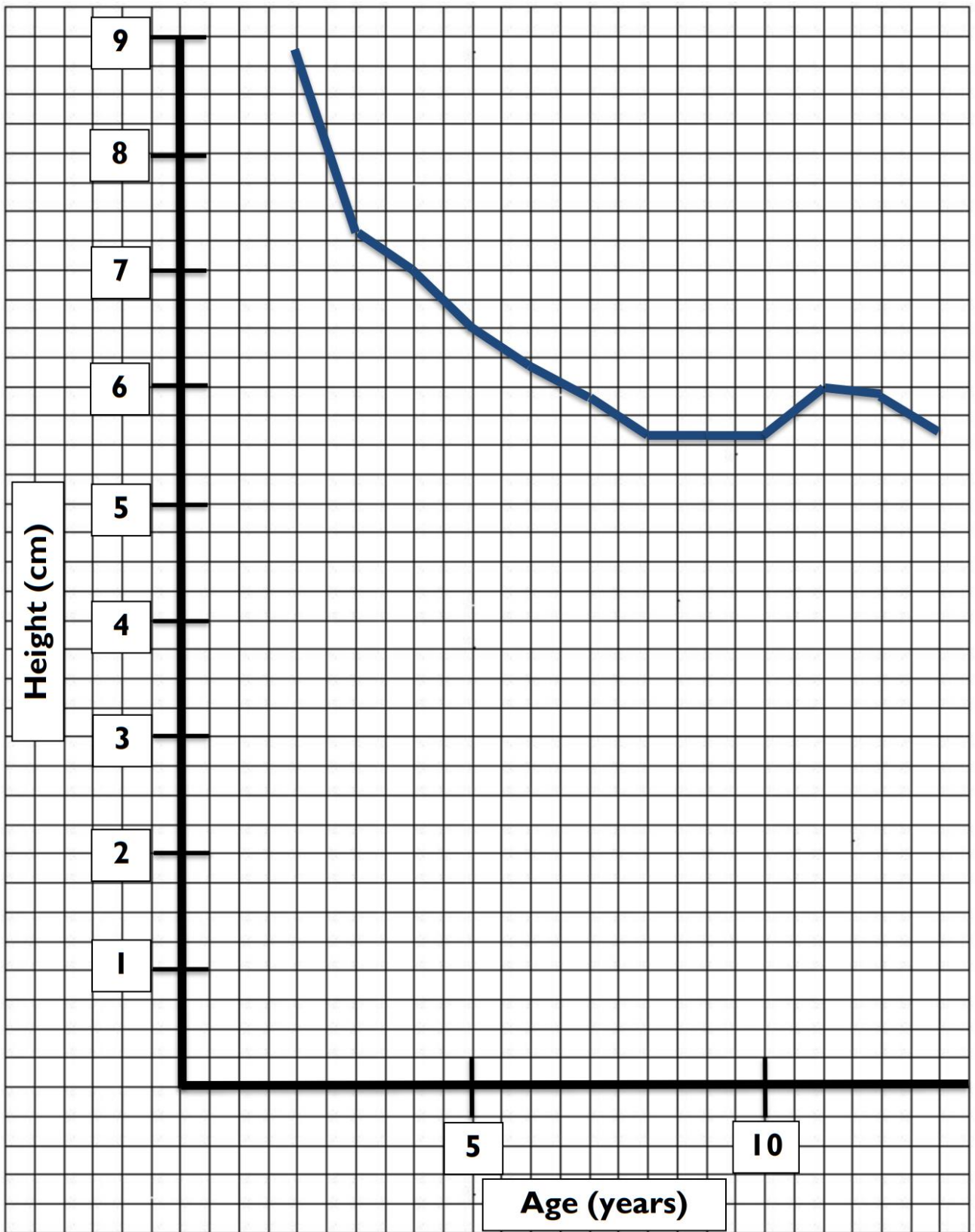
Age	Average gain in height/cm in 1 year	
	Group given extra food and milk	Control group not given extra food and milk
2	8.9	7.6
3	7.3	6.8
4	7	6
5	6.5	5.8
6	6.2	5.7
7	5.8	5.5
8	5.6	5.3
9	5.6	5
10	5.6	5.1
11	6	5.4
12	5.9	5.7
13	5.6	4.8

This experiment lasted a year and the results showed

After that, he asked the government to give all schoolchildren a bottle of milk every day because he believed it would help them to be healthier.



Complete this line graph and use one colour per category.



Key: Group given extra food and milk