THE STRIVING

MUSLIM ACADEMY

Islamic and Academic Education

STAGE 6 · SCIENCE · ANIMALS INCLUDING HUMANS

Animals including humans

Everything the questions ask about is taught on the page before them, so nobody has to know the science beforehand.

WHAT IS INSIDE

- The circulatory system
- Transport inside the body
- What affects how the body works
- Try it yourself
- How each one is worked

The Striving Muslim Academy

3 topics · something to do at the end

Written for a parent teaching at home. No training assumed, and nothing else to buy.

strivingmuslimacademy.com

What affects how the body works

Read this first. Then answer the questions underneath.



The curriculum asks you to learn about four things that affect how a body works: diet, exercise, drugs and lifestyle. Everything below comes from the NHS, the World Health Organization or a university textbook, and the pack says which.

Diet. Absence or low levels of vitamins can have a dramatic effect on health. It is not only shortage that matters: excess nitrogen must be excreted as it is toxic.

Exercise. The NHS says exercise can reduce your risk of major illnesses, such as coronary heart disease, stroke, type 2 diabetes and cancer, and lower your risk of early death by up to 30 per cent. For activity to count you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer.

Sitting still. Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for your health. Notice the wording the NHS uses there: evidence is emerging, not evidence is settled.

Drugs. The World Health Organization says all forms of tobacco use are harmful and there is no safe level of exposure, and that nicotine is highly addictive and harmful, particularly for children and young adults whose brains are still developing. The NHS says regularly drinking more than 14 units of alcohol a week risks damaging your health, and links drinking to a range of cancers.

1. **What four things change how well a body functions?**
   Each is a heading in the passage.

2. **Name three illnesses the NHS says exercise reduces your risk of.**
   The passage lists four.

The Striving

Quick check



One right answer each, and every answer is somewhere in this pack. Ring the letter.

1. **The circulatory system What does the heart do?**
   (A) Pumps (B) Up from the roots through tubes in the stem (C) In the lungs (D) Oxygen, nutrients and water

2. **What affects how the body works What four things change how well a body functions?**
   (A) Carry blood away from the heart (B) Diet, exercise, drugs and lifestyle (C) Pumps (D) Up from the roots through tubes in the stem

3. **Transport inside the body Where do nutrients and water get into the blood?**
   (A) Pumps (B) Oxygen, nutrients and water (C) Through the wall of the small intestine (D) Carry blood away from the heart

4. **The circulatory system What does the blood carry?**
   (A) Pumps (B) No, there is no safe level of exposure (C) Through the wall of the small intestine (D) Oxygen, nutrients and water

5. **The circulatory system What do veins do?**
   (A) In the lungs (B) Up from the roots through tubes in the stem (C) Carry it back (D) Oxygen, nutrients and water

6. **Transport inside the body How does water travel in a plant?**
   (A) Oxygen, nutrients and water (B) No, there is no safe level of exposure (C) In the lungs (D) Up from the roots through tubes in the stem

7. **What affects how the body works Is there a safe amount of tobacco to use?**
   (A) Diet, exercise, drugs and lifestyle (B) Carry it back (C) Pumps (D) No, there is no safe level of exposure

8. **Transport inside the body Where does oxygen get into the blood?**
   (A) In the lungs (B) Carry it back (C) Carry blood away from the heart (D) Pumps

The Striving Muslim Academy

How each one is worked, continued

TRANSPORT INSIDE THE BODY, CONTINUED



3. How does water travel in a plant?

1. The passage says water travels up from the roots through tubes in the stem.
2. So that is the answer.

Answer: **Up from the roots through tubes in the stem**

4. WORK IT OUT **What is the main difference between how an animal and a plant move water around?**

1. An animal has a heart that pumps blood through vessels.
2. The passage says plants have no heart and no blood.
3. Water moves up through tubes in the stem instead.

Answer: **An animal pumps blood with a heart and a plant has neither heart nor blood**

WHAT AFFECTS HOW THE BODY WORKS

1. What four things change how well a body functions?

1. The passage names diet, exercise, drugs and lifestyle.
2. So that is the answer.

Answer: **Diet, exercise, drugs and lifestyle**

2. Name three illnesses the NHS says exercise reduces your risk of.

1. The passage says exercise can reduce your risk of coronary heart disease, stroke, type 2 diabetes and cancer.
2. Any three of those four is a right answer.

Answer: **Any three of: coronary heart disease, stroke, type 2 diabetes, cancer**

3. WORK IT OUT **The passage says evidence is emerging that sitting for long periods is bad for you. Why might the NHS write emerging rather than saying it plainly?**

1. Emerging means the evidence is still coming in.
2. Writing it that way says how sure they are, which is part of saying it honestly.

Answer: **Because the evidence is still being gathered**

4. Is there a safe amount of tobacco to use?

1. The passage says all forms of tobacco use are harmful and there is no safe level of exposure.
2. So there is no amount that is safe.

Answer: **No, there is no safe level of exposure**

The Striving Muslim Academy

SAMPLE PAGES

You have read a few pages. The pack is longer.

What you are holding is a short sample, taken from different parts of the pack so that you can see how a week is planned and what a child is actually asked to do, before you decide.

The complete pack, and the rest of the academic materials, are on our website: schemes of work for a parent teaching at home, and practice packs for the skills children get stuck on.

The Striving Muslim Academy

strivingmuslimacademy.com

Islamic and Academic Education

Members of the homeschool community do not buy these. If you have joined the community, the pack for the term you are working on is given to you at no cost.

Our Islamic Education classes are free. These packs are part of what pays the teachers who teach them.