

# Science

<https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>

## What are the stages of human life?

Watch the short video and create an information leaflet explaining the stages to someone the same age as you.

**Plenary:** complete the quiz below the video.

Below are some ideas on how you might present your work. Remember you will want different sections for each stage. How will you keep it fun and engaging?

### Look after yourself

NHS Ipswich and East Suffolk Clinical Commissioning Group

#### Caring for yourself

- Top tips:**
- wash your hands while preparing food and after using the toilet
  - take regular exercise
  - enjoy a balanced diet
  - try to make sure your medicine cabinet contains the essentials
  - remember to order any repeat prescriptions in good time so that you don't run out

#### Getting advice from your local pharmacy

Your local pharmacist is an expert on medicines. They can give you advice on the best way to treat problems such as colds, coughs, minor burns, diarrhoea, sprains, bumps and bruises.

You can talk to your pharmacist in confidence without an appointment. They can also give advice on whether you need to see your doctor. Many pharmacies offer other services such as blood pressure checks, advice on maintaining a healthy weight or stopping smoking. Some can arrange to collect your repeat prescription from your GP. Check which services are available at your local pharmacy by visiting [www.nhs.uk/ServiceSearch](http://www.nhs.uk/ServiceSearch).

#### When to call 111

- you are not sure if you need to go to A&E or need another NHS urgent care service
  - don't know who to call or don't have a GP to call
  - need health information or reassurance about what to do next
- NHS 111 is a free service available 24 hours a day, seven days a week. Calls are answered by specially trained advisors who are supported by experienced health care professionals.

#### Going to see your GP

Your GP can give you advice on most physical and mental health problems. The receptionists at your surgery will be able to give you information about the full range of services it offers.

#### Looking after your mental health

The Suffolk Wellbeing Service provides short-term support such as workshops, counselling and other talking therapies for depression, anxiety and trauma. For more information, call 0200 123 1761 or visit [www.medicofeance.org.uk](http://www.medicofeance.org.uk).

**Need help urgently?** If you are currently receiving care or treatment from Norfolk and Suffolk Foundation Trust, use the number you have been given. If you can't find it, call 0200 123 1334. Samaritans (08457 90 90 90), CuckooLine (0200 1111) and FRANK (0200 123 6600) can help too.

#### A&E

Accident and emergency (A&E) departments are for serious or life-threatening conditions which need immediate medical attention, such as:

- loss of consciousness
- stroke
- persistent, severe chest pain
- severe breathing difficulties
- severe bleeding which cannot be stopped

Anyone with a less urgent condition may need to wait for several hours before they are treated.

Please remember, if it's not 999, dial 111.

Good health is infectious. Make it contagious!



### Meet MyPlate and Get Active!

MyPlate is an awesome guide to eating well. It shows you how to balance your plate at each meal, loading up on tasty foods that are great for your health.

MyPlate is made up of 5 food groups:

- Fruits
- Vegetables
- Whole Grains
- Protein
- Dairy

Of course, it's also vital to be active every day. You don't have to do any one type of exercise in particular – the important thing is to do something active each day.

Try one of the fun activity ideas in this brochure!

### Get Out There and Get Active!

You need at least 1 hour of exercise every day in order to stay healthy and strong.

Looking for a fun way to get more exercise? Try any of these activities!

- Biking
- Climbing
- Jumping
- Hopscotch
- Join a sports team
- Baseball
- Dance
- Football
- Golf
- Hockey
- Soccer
- Track
- Jump rope
- Running
- Tug of war
- Walking with friends

Stay away from screens! Keep the time that you spend in front of the computer or TV to less than 2 hours per day.

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