

Y6 Drugs Lifestyle

KS2 Y6 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

What is a drug?

Step 1 · Definition

A substance that changes the way the body or mind works

Step 2 · Some drugs help

Medicines, used correctly

Step 3 · Some drugs harm

Tobacco, alcohol, and illegal drugs

Step 4 · Some are in everyday drinks

Caffeine in tea, coffee, cola

Answer: A drug is any substance that changes how the body or mind works. Medicines are drugs too.

Check: Whether a drug helps or harms depends on what it is, how much, and who it's for.

2. Now try one with the steps

Explain how smoking affects the circulatory system.

Step 1 · Carbon monoxide in smoke

Step 2 · Nicotine

Step 3 · Over many years

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. What is a drug?

2. Name a type of drug that helps us when used correctly.

3. Which drug is found in coffee, tea and cola?

4. Which addictive drug is found in cigarettes and most vapes?

5. Which organ does smoking damage most directly?

6. Which organ can be damaged by drinking too much alcohol over many years?

7. From what age is it legal to buy cigarettes or alcohol in the UK?

8. About how many hours of sleep do 10–11 year olds need each night?

9. Why should you never take someone else's medicine?

10. How does smoking reduce the amount of oxygen carried by the blood?

11. Why does alcohol make reaction times slower?

12. Give one way caffeine can affect the body.

13. What is passive smoking?

14. Give TWO lifestyle choices, apart from diet and exercise, that keep the body healthy.

4. Before you hand it in

Thinking 'drugs' only means illegal drugs.

A drug is any substance that changes how the body or mind works.

Thinking vapes are harmless because they're not cigarettes.

Vapes help some adults quit smoking, but they are not for children.

Thinking more medicine works faster.

Always take the dose on the label, given by a trusted adult.

Only describing smoking's effect on the lungs.

Mention tar (lungs), carbon monoxide (less oxygen) and nicotine (heart and vessels).