

Preventing Coronary Heart Disease

<https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>

Quick Start

- What does CHD stand for?
- Name two ways to reduce the risk of CHD.
- Name the two types of fat.
- Having a healthy weight reduces your chance of _____.
- You should give up which bad habit, if you do it?

Vocabulary Check

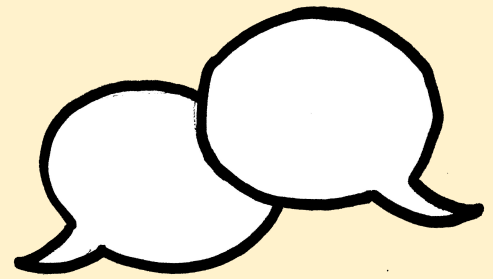
- blood pressure
- cholesterol levels
- saturated/unsaturated fats
- oxygenated/deoxygenated
-

Individual Thinking



Which two things are most important for maintaining a healthy weight? Why couldn't you just do one? What might happen?

Partnered Talk



‘A GP or practise nurse can tell you your ideal weight.’

What is an ‘ideal weight’? Why doesn’t everyone have the same ideal weight?

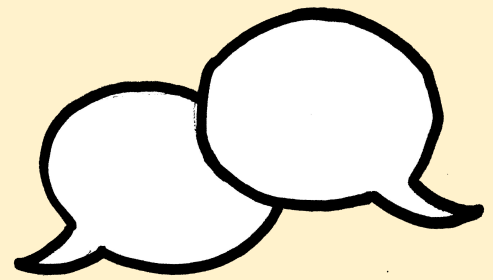
Individual Thinking



Why should you seek NHS support if you are addicted to smoking?

If you were worried about having coronary heart disease, when else should you seek NHS support?

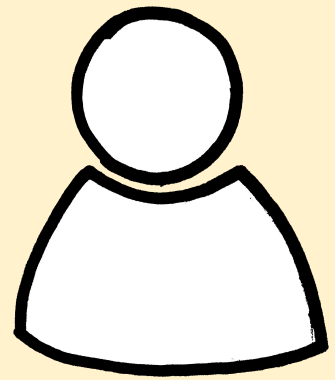
Partnered Talk



Men and women are **advised** not to **regularly** drink more than 14 units of alcohol.

Why might these words be emboldened? What words could be used to enforce a stricter regime?

Solo Work



The alien is back.

Remember that complex, subject specific scientific vocabulary is not his forte.

Explain to him how to avoid contracting coronary heart disease as simply as you can.