



Instructions: No word bank: name the numbered parts from memory or from the module. Number the discoveries in order and write each date. Analyse the source, explain significance, then write full-sentence answers and plan the essay.

1. Name the parts (no word bank)



Did you know?

- Sailors on long voyages once died of scurvy from lack of vitamin C.
- Children need more sleep than adults because they are growing.
- Exercise releases chemicals that improve mood.
- Nightingale used charts to show that most soldiers died from disease, not wounds.

Background

2. Timeline: order and date

Number the events 1 to 7 (1 = earliest) and write the date of each.

#	Event	Date
1	Lind shows citrus fruit prevents scurvy	
2	The word 'vitamine' is first used	
3	Jenner's vaccine	
4	Fluoride first added to drinking water to protect teeth	
5	Hippocrates teaches that diet and exercise affect health	
6	Nightingale improves hospital cleanliness	
7	Founding of the World Health Organization	

4. Significance

Scientist or term	Who or what? Why does it matter?
Hippocrates	
James Lind	
Florence Nightingale	
Frederick Gowland Hopkins	
Nutrient	

3. Source analysis

Of all the remedies, oranges and lemons were the most sudden and visible good: one of the sailors given them was fit for duty within six days.

James Lind, A Treatise of the Scurvy (1753), (paraphrased)

1. What did Lind find?

2. Why is his experiment called a fair test?

3. Why did it take years for the navy to act on it?

5. Cause and consequence

1. Explain why a diet high in sugar can cause health problems.

2. Explain one consequence of Nightingale's work.

6. Longer answers (full sentences)

1. Explain the difference between carbohydrates and proteins in the diet.

2. Explain how sleep supports both the body and the brain.

3. Why is mental health part of keeping healthy?

4. What did James Lind's experiment show, and why was it important?

5. Explain in your own words: Choose one healthy habit and explain which body systems it helps.

7. Essay question

Essay: 'Prevention is better than cure.' How far do you agree? Plan an essay.

Plan: introduction · point for (evidence) · point against (evidence) · conclusion with your judgement.
