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|  | ***PSHCE- keeping safe and staying healthy*** | |
| **Key vocabulary** | Explanation/ definition | Key knowledge |
| nicotine | a toxic colourless or yellowish oily liquid which is the main ingredient of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of nerves. | Be able to predict and assess the level of risk in different fun situations Be able to understand the risks associated with alcohol  Chronic Sore Throat: Dangers Of Smoking To Health  https://previews.123rf.com/images/artitcom/artitcom1602/artitcom160200009/52190222-penalties-and-dangers-of-alcohol-alcohol-infographics-elements-alcoholism-health-care-concept-vector.jpg |
| alcohol | a colourless flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating part of wine, beer, spirits, and other drinks. |
| Vital organs | An **organ**( heart, lungs etc) of the body which performs a sufficiently important function that damage to the **organ** can cause death. |
| Blood pressure | the pressure of the blood in the circulatory system. It is closely related to the force and rate of the heartbeat. |
| addictive | causing a strong and harmful need to regularly have or **do** something. : very enjoyable in a way that makes you want to **do** or have something again |
| Balanced diet | a **diet** that contains adequate amounts of all the necessary nutrients required for healthy growth and activity |
| intoxicating | (of alcoholic drink or a drug) which can cause someone to lose control of their behaviour |