

# Primary School Activity Book

## Being a GP



Hello, I'm Adam and I'm a General Practitioner. General Practitioners (GPs) are experts in their patients. They provide the first point of contact with the NHS for most people in their communities. GPs see over 1 million patients every day!

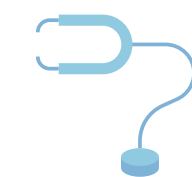




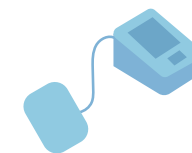
### Activity 1

## Hidden Picture

Dr Adam needs you to help him find important pieces of equipment needed to treat his patients. Can you find the 4 hidden objects in this picture of his consultation room?



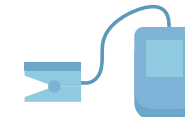
Stethoscope



Blood Pressure Monitor



Anti-Bacterial Soap



Pulse Oximeter

*There is a glossary at the end of the document explaining what some of these things are.*

In this picture you can see Dr Adam talking with one of his patients. What other sorts of things do people go to see the doctor about? Can you write these below?

# Healthy Foods

Dr Adam asked some of his patients what they have eaten, he wants them to group them as 'healthy' or 'not healthy'. Can you tick the healthy foods listed opposite?

Can you list 3 ways that you can reduce the amount of unhealthy foods that you eat?

1.

2.

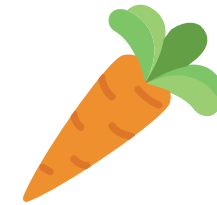
3.



Milk



Pizza



Carrot



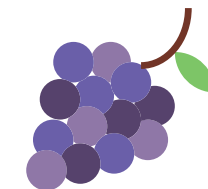
Banana



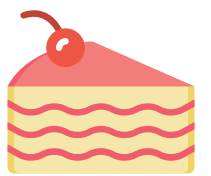
Cheese



Sweets



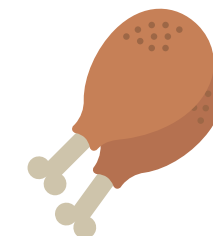
Grapes



Cake



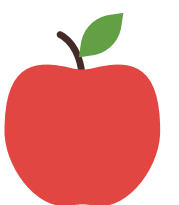
Hot Dog



Chicken



Muffin



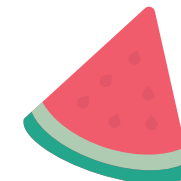
Apple



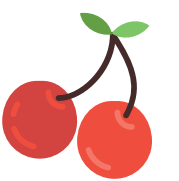
Eggs



Ice Lolly



Watermelon



Cherries



How many difference could you find?

Activity 4



**Carton of  
Milk**

This keeps me healthy because...



**Glass of  
Water**

This keeps me healthy because...



**Washing  
your hands**

This keeps me healthy because...



**Plate of  
Food**

This keeps me healthy because...



**Exercise**

This keeps me healthy because...



**Teacher,  
Parents, Family**

This keeps me healthy because...

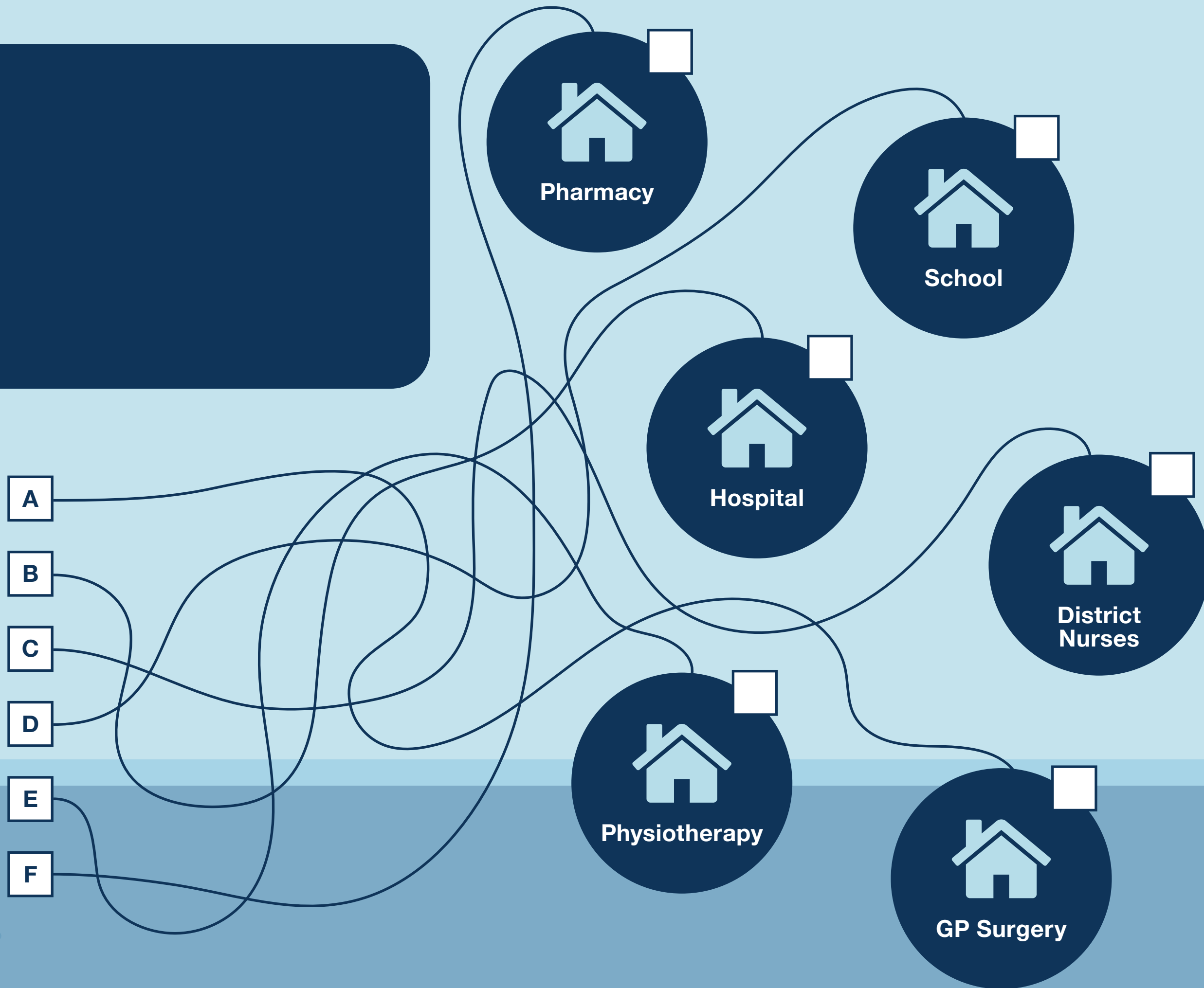
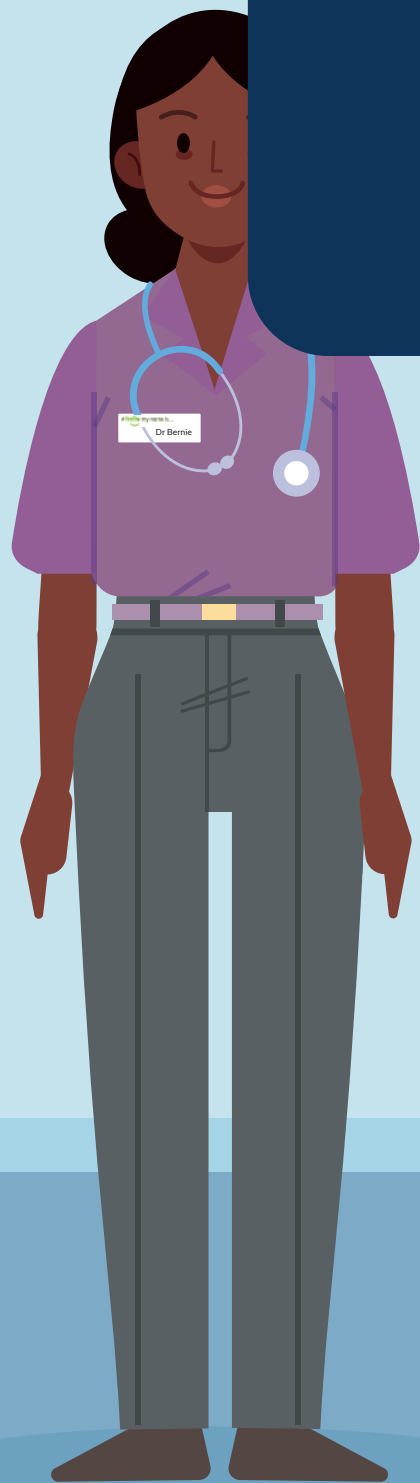


**Healthcare  
Professionals**

This keeps me healthy because...

Correct order (alphabetical) for filing the leaflets:

1.

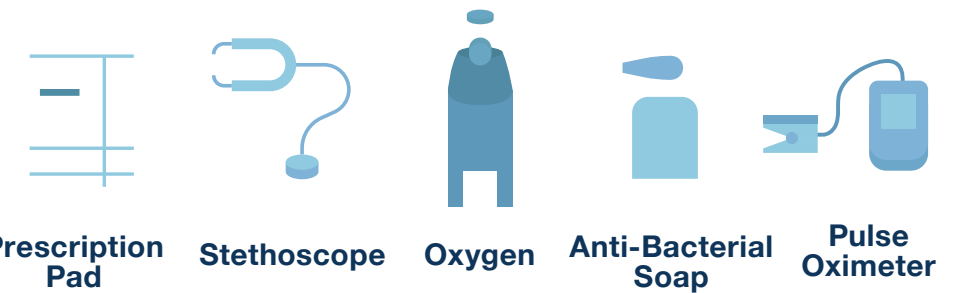






## Hidden Picture

GPs have the privilege of visiting patients in their own home, can you help Dr Bernie find 5 hidden objects when visiting Jim in his home.



*There is a glossary at the end of the document explaining what some of these things are.*

Dr Bernie is seeing one of her elderly patients. What changes happen as we get older? Write what you think in the box here.

**Activity 8**



**1 letter words**

**2 letter words**

**3 letter words**

**4 letter words**

**5 letter words**

# Code Breaker

Doctors need to solve lots of different problems each day, breaking codes are a form of problem solving. Can you use the code to work out the correct information to help Dr Adam?

Your heart pumps \_ \_ \_ \_ \_ around your body.  
(2 - 12 - 15 - 15 - 4)

You can listen to a heart beating using a  
\_ \_ \_ \_ \_ .  
(19 - 20 - 5 - 20 - 8 - 15 - 19 - 3 - 15 - 16 - 5)

Blood travels to your \_ \_ \_ \_ \_ where it picks up  
(12 - 21 - 14 - 7 - 19)

\_ \_ \_ \_ \_ .  
(15 - 24 - 25 - 7 - 5 - 14)

How much it picks up can be measured by a  
\_ \_ \_ \_ \_      \_ \_ \_ \_ \_ .  
(16 - 21 - 12 - 19 - 5)      (15 - 24 - 9 - 13 - 5 - 20 - 5 - 18)

|    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|
| A  | B  | C  | D  | E  | F  | G  | H  | I  | J  | K  |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| L  | M  | N  | O  | P  | Q  | R  | S  | T  | U  | V  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| W  | X  | Y  | Z  |    |    |    |    |    |    |    |
| 23 | 24 | 25 | 26 |    |    |    |    |    |    |    |

Activity 10



| Patient  | Tally | Total Number |
|----------|-------|--------------|
| Babies   |       |              |
| Children |       |              |
| Adults   |       |              |

How many babies are waiting to see Dr Adam?

How many children are waiting to see Dr Adam?

How many adults are waiting to see Dr Adam?



# Fill in the Gaps

Healthcare professionals need special tools to help them in their jobs. Can you work out each of the tools from the clues we've provided? You will need to fill in the gaps. All the words you need are in the equipment list below.

If you want to know more about them please turn to the information at the end of the activity book. You may also want to see how many of them are in the pictures within the book.

## EQUIPMENT

BLOOD PRESSURE MONITOR

OTOSCOPE

SYRINGE

PEN TORCH

PULSE OXIMETER

STETHOSCOPE

PRESCRIPTION

Special tool

S \_ \_ \_ \_ \_ C \_ \_ \_

What it does

Used to listen to the heart and lungs

Special tool

\_ \_ \_ \_ \_ E

What it does

Used to look into ears, noses and mouths

Special tool

\_ \_ \_ T \_ \_ \_ \_

What it does

It is shined into eyes to watch how the eye reacts to light

Special tool

\_ \_ \_ \_ \_ P \_ \_ \_ \_ U \_ \_ \_ O \_ \_ \_ \_

What it does

Used to find out what someone's blood pressure is

Special tool

\_ \_ \_ \_ \_ X \_ \_ \_ \_ \_

What it does

Used to find out how much oxygen is in someone's blood

Special tool

\_ \_ \_ \_ \_ N \_ \_

What it does

Used to take blood samples

Special tool

\_ \_ \_ \_ \_ P \_ \_ \_ \_

What it does

A patient takes this to the pharmacist (chemist) who will give them their medication



**Anti-Bacterial  
Soap**



**Triangular  
Bandage**



**Wound  
Dressing**



**Bandage**

*There is a glossary at the end of the document explaining what some of these things are.*

What other things do you think could be in a first aid bag? Write them down here.

A large empty rectangular box for writing.



1. More than half of our body is made up of oxygen.

True

☐

False

☐

2. Your bones are harder than your teeth.

☐☐

3. If you want to be tall you should measure yourself in the morning.

☐☐

4. Babies cannot see colours for the first few days of their lives.

True

☐

False

☐

5. You have approximately 50,000 hairs on your head.

☐☐

6. There is a bone in your ear called your stirrup.

☐☐

7. You have more than 100,000km of blood vessels in your body.

☐☐

8. Around 1,000 cells in your body died and were replaced by new ones while you were reading this sentence.

☐☐

9. Our fingertips are more sensitive than our lips.

☐☐

10. We have more bones in our body as a child than as an adult.

☐☐



| Medical Term    | Definition (Which letter?) |
|-----------------|----------------------------|
| Ear drum        |                            |
| Hammer          |                            |
| Ear canal       |                            |
| Eustachian tube |                            |
| Pinna           |                            |

Description

- A

This is one of the 3 small bones that sit in the middle ear.
- B

This part of the ear sometimes gets filled with too much ear wax, people can go to the GP surgery for ear drops to soften this or get it gently washed out in a procedure called ear syringing.
- C

This is the part of the ear what collects the vibrations and as it shakes it passes them onto the bones in the middle ear.
- D

This is the part of the ear that acts as a funnel and is the bit that you can see!
- E

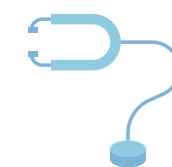
This is the part of the ear that connects to the back of the throat. It makes the pressure of the middle ear equal to that outside the body. You notice this when your ears pop on a plane or in a train tunnel.





## Hidden Picture

Can you help Dr Bernie find the 4 hidden objects in this picture of her helping with an expedition?



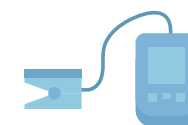
Stethoscope



First Aid



Syringe



Pulse Oximeter

*There is a glossary at the end of the document explaining what some of these things are.*

Write in the box below what else you think Dr Bernie will need to do to keep everyone healthy on the expedition.

## Medical Calculations

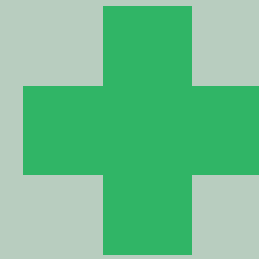
Dr Adam needs to make sure that one of his patients takes the right medicines when he should. He has written a prescription showing when each medicine dosage should be taken.

Can you work out in the boxes how much medicine the patient needs to take so that I can let the pharmacist know how much of the medicine needs to be given to the patient each week. Can you then work out how much medicine the pharmacist would need to give to the patient to last for one month (this is 4 weeks or 28 days)?

Total doses of Medicine A for one week are...

Total doses of Medicine A for one month are...

If Medicine A costs 25p for 7 capsules how much will it cost for one month's supply?



## Prescription

Medicine A

One capsule three times per day  
at mealtimes.

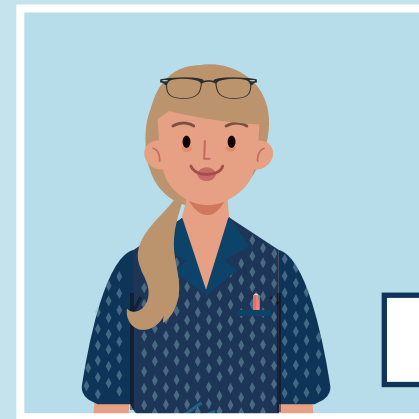
*Dr Adam*

Dr Adam

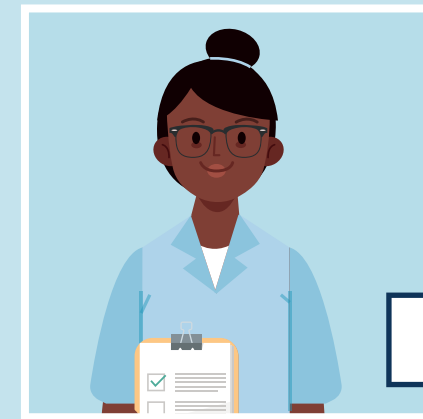
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## Who's Who?

Dr Adam works in a team of healthcare professionals, can you help identify who each of them are from the descriptions? Put the correct letter next to each person.



Receptionist



Practice Manager



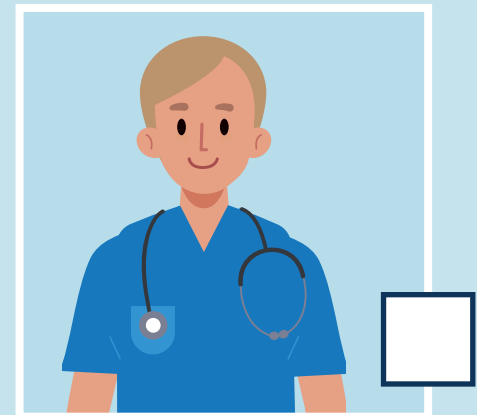
Physiotherapist



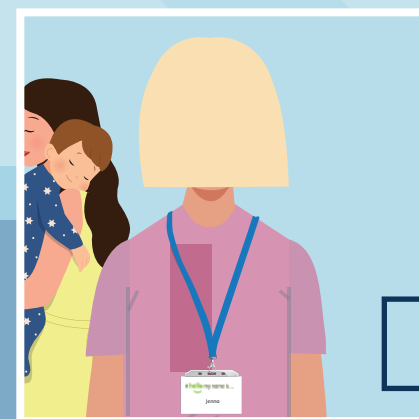
Pharmacist



Paramedic



Nurse



Health Visitor



Community Midwife

- **A:** This person welcomes you to the General Practice.
- **B:** This person checks your pulse and temperature and carries out other health checks.
- **C:** This person gives medicines to patients.
- **D:** This person makes sure that the General Practice runs well.
- **E:** This person helps to deliver babies.
- **F:** This person helps people at the scene of accidents.
- **G:** This person gives health advice in patients homes.
- **H:** This person helps other people to improve their movement.
- 
-

# The Digestive System

The digestive system helps us to convert food into energy. Can you identify the following in the picture? Write the word in the correct box.

Parts of the digestive system to identify: **Mouth, oesophagus, stomach, small and large intestine.**

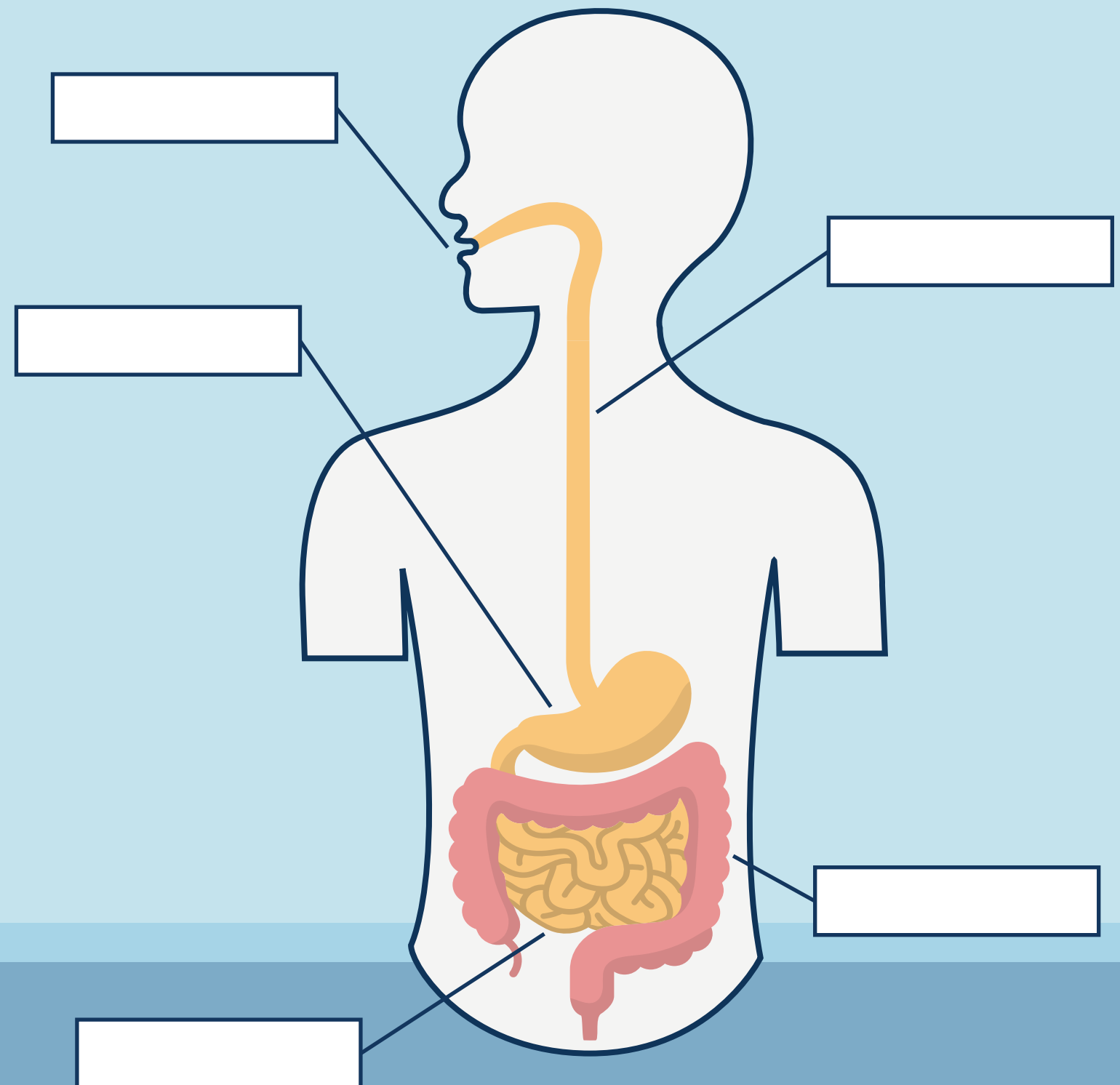
Which of the parts listed is associated with one of our senses...

and which sense is it linked to...

Which part of the digestive system carries the food from the mouth to the stomach?

Which organ produces strong acid to break down our food?

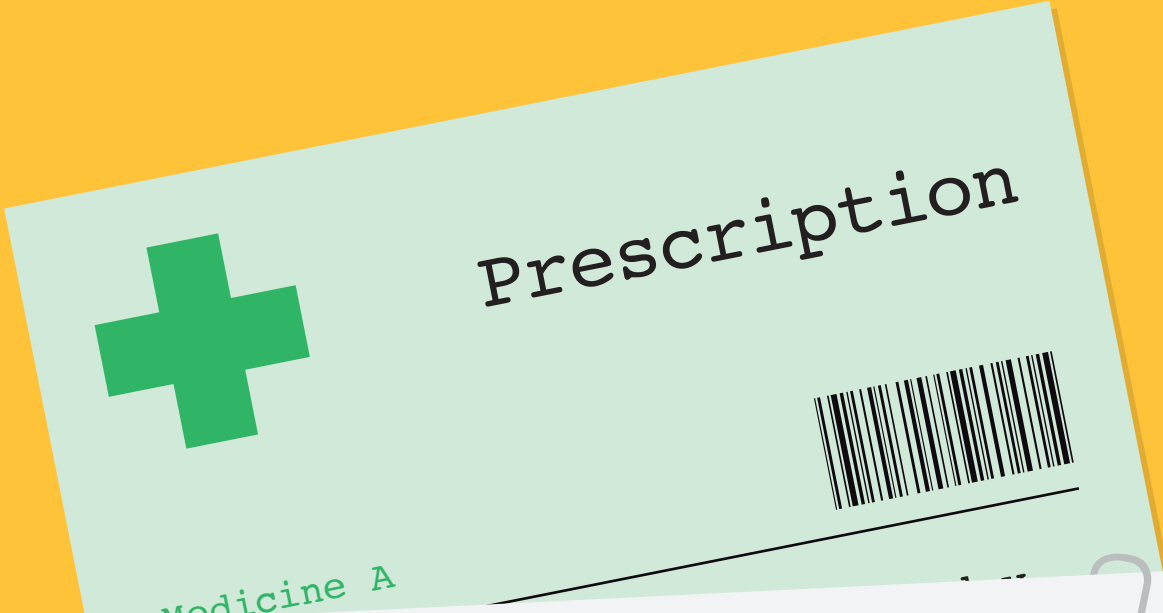
Which part of the digestive system absorbs the digested food?



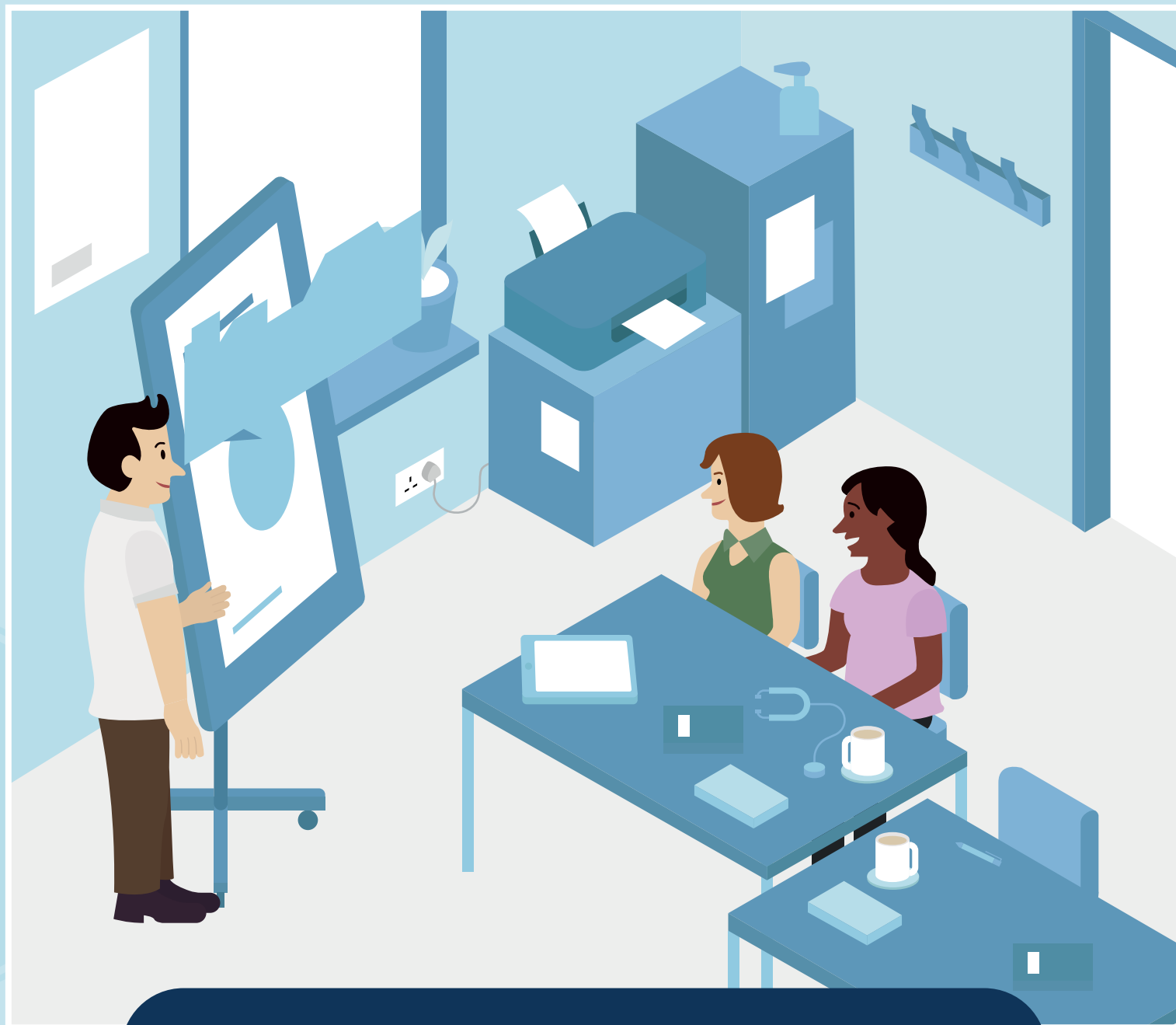
Activity 19

# Keeping Fit

Some of Dr Adam’s patients exercise by racing each other. When we exercise our body needs more oxygen which is then pumped to our muscles, to do this we breathe more quickly and our hearts beat faster. Can you work out the heart rates of his patients?

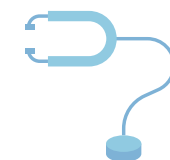


| Runner   | Heart rate before<br>race sum |  | Heart rate before<br>race answer | Heart rate after<br>race answer                                    |
|----------|-------------------------------|--|----------------------------------|--|
| Angela   | 2 x 38                        |  |                                  | 25 more than before the<br>race = _____                            |
| Colin    | 3 x 20                        |  |                                  | 30 more than before the<br>race = _____                            |
| Bethany  | 20 + 40                       |  |                                  | 27 more than before the<br>race = _____                            |
| Muhammad | 40 + 4 + 8                    |  |                                  | Double the rate before<br>the race = _____                         |
| Petra    | 50% of 140                    |  |                                  | One & a half times the<br>rate before the race =<br>_____          |
| Jessica  | 75% of 100                    |  |                                  | The same as Bethany &<br>Andrew’s rates before the<br>race = _____ |



## Hidden Picture

Can you help Dr Adam find the 4 hidden objects in his classroom?



Stethoscope



Pen



Anti-Bacterial  
Soap



Educational  
Tablet

*There is a glossary at the end of the document explaining what some of these things are.*

When Dr Adam is teaching medical students what important skills should he be teaching them? Write what you think here.

# Glossary

**Anti-bacterial soap/gel** is one of the methods used to clean healthcare professionals' hands to minimise the spread of bacteria and viruses.

**Bandage** is used to support injured parts of the body or to help keep dressings in place.

**Blood** is the red liquid that travels in tubes called arteries and veins carrying oxygen and other essential things to our organs where it drops them off, collecting waste from them that our bodies no longer need.

**Blood pressure monitor** is a cuff placed around the upper arm which is used to measure our blood pressure (BP).

**Cough** is a protective function of the body to clear our throat and tubes that we breathe through of foreign material.

**Dehydration** is when we don't have enough water in our body. This can happen if we are not drinking enough or we are losing more than normal for example if we have a tummy bug (diarrhoea).

**Digestive system** is the gastrointestinal tract (the tube from the mouth to the anus) and organs which together convert food into parts that the body can use.

**Dressing** is used to cover wounds to keep them clean to prevent infection.

**Ear canal** is a tube running from the outer ear to the middle ear.

**Ear drum** is the part of the ear that collects sound vibrations causing it to shake.

**Eyepatches** are used to cover injured eyes.

**Eustacian tube** is the tube connecting your ear to your throat.

**Germs** include bacterial and viruses that can cause illness and disease.

**Hammer** is one of the 3 small bones in the ear- the others are the anvil and stirrup.

**Heart** pumps blood around the body.

**Heart rate** is the number of beats of the heart each minute.

**Immunisation** is a way of preventing disease it can involve giving children or adults injections, a nasal spray or droplets by mouth to make them immune to certain diseases.

**Large intestine** absorbs the water in our food.

**Mouth** contains your tongue and teeth.

**Oesophagus** is the tube that carries food from the mouth to the stomach.

**Otoscope** is an instrument used to look into ears, noses and mouths.

**Pen torch** is used to look into the eye or mouth.

**Pinna** is the outer part of the ear that you can see.

**Prescription pad** is used by healthcare professionals to prescribe medicines for patients. The patient then takes this to the pharmacist who will provide them with the medication. This is known as dispensing.

**Pulse oximeter** is a device often placed on a patient's finger that tells us how much oxygen is in their blood.

**Oxygen** is one of the gasses in the air which is breathed into the lungs, it is carried in red blood cells around the rest of the body.

**Small intestine** absorbs the digested food.

**Stomach** contains strong acid to break down our food.

**Stethoscope** is used to amplify sounds and allows us to hear heart and breath sounds for example.

**Syringe** is used to take blood for testing from patients or to inject medication.

**Teeth** help to tear and grind our food into small pieces before we swallow.

**Tongue** is covered in taste buds and sits on the floor of our mouth and throat.



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