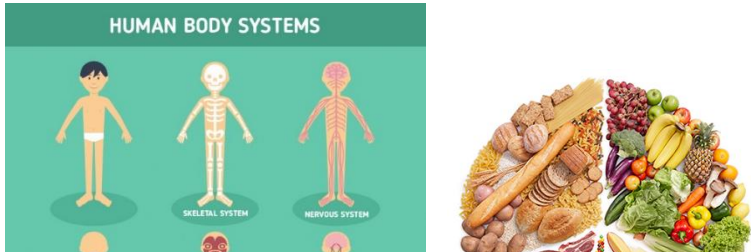



Subject: Science	Year Group: 2
------------------	---------------

Study Block: Healthy Humans

What should I know already?	Diagram / Map / Photo etc...
<ul style="list-style-type: none"> <li>The <b>importance</b> of a balanced diet and a healthy lifestyle- not necessarily the detail.</li> <li>That we need to do exercise to keep us healthy</li> <li>The basic parts of the human body, and be able to link the body part to the relevant sense</li> </ul>	

What will I know by the end of the unit?	
<ul style="list-style-type: none"> <li>I will understand the basic principles of a healthy and varied diet</li> <li>I will be able to describe the importance of exercise</li> <li>I will be able to explain why it is important to eat the right amounts of different types of foods</li> <li>I will be able to describe the importance of hygiene</li> <li>I will research and be able to describe the basic needs of animals, including humans, for survival (water, food and air)</li> <li>I will understand that animals, including humans, produce offspring which grow into adults</li> </ul>	

**Working scientifically:**

- Asking simple questions and being aware that they can be answered in different ways
- Identifying and classifying different food types
- Using observations and ideas to suggest answers to questions
- Gathering and recording data

**Maths link:**

- Data handling – sorting foods into categories, recording information into tally charts

**PE link:**

- Understanding the importance of exercise – PE lessons integrated into Science lessons

**Vocabulary**

Word	Meaning
healthy	In a good physical and/or mental condition
human	A man, woman or child of the species <i>homo sapiens</i>
exercise	An activity which requires physical effort. It improves your health and fitness levels.
balanced diet	Eating lots of different foods which give you all the right nutrients
nutrients	A substance which is essential for life and growth
hygiene	Keeping clean to maintain health and prevent disease
food	What we eat to maintain life and to help us to grow
basic needs	The things humans need to survive (water, food and air)
offspring	The young born of living things, e.g. babies, kittens or puppies
food groups	A collection of food which shares the same types of nutrients
carbohydrates	Give you energy, calcium and Vitamin B. (pasta, rice, potatoes and bread)
protein	Helps the body to grow and repair (meat, fish, eggs and nuts)
dairy	Give you calcium, protein and vitamins to keep your bones and teeth healthy (milk, yoghurt and cheese)

Knowledge Organiser – Brunswick School

	<b>fruit and vegetables</b>	Keep you feeling full and are good for the digestive system (apples, oranges, carrots and peas)
	<b>fats and sugars</b>	Give lots of energy, but not much nutrition. Keep as an occasional treat (sweets, cakes, oils and butter)