

Knowledge Mat- Science – Y2 Keeping Healthy- Food/ Exercise

Year 1	Year 2	Year 3
<ul style="list-style-type: none"> Identify, name, draw and label the basic parts of the human body 	<ul style="list-style-type: none"> Know why exercise, a balanced diet and good hygiene are important for humans 	<ul style="list-style-type: none"> Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Subject Specific Vocabulary

healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.
exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds.
carbohydrates	Carbohydrates are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.
fats	Fats are found in meat and other animal products, such as butter and cheese.
nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.
survival	Survive usually means to succeed in keeping alive against odds
hygiene	Taking care of our body by being clean and making sure we don't smell.

Knowledge

- To stay alive humans, need, water, food and air.
- Being active and exercising keeps our body healthy.
- To be healthy we must eat the right types of food and the right amounts.
- It is important to keep clean and wash regularly.

To stay alive, all animals have three basic needs for survival:

air



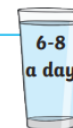
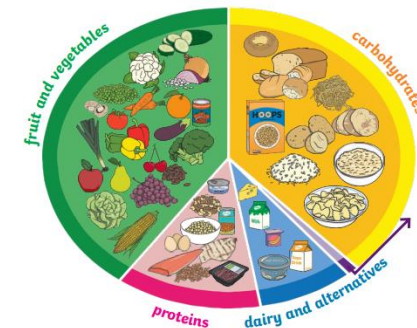
water



food



Eatwell Guide



Water, lower fat milk and sugar-free drinks.

Being active and **exercising** keeps our bodies and minds healthy.



Knowledge Mat- Science – Y2 Keeping Healthy

To be healthy we need...



Protein



fruit



vegetables



dairy (milk)



water

healthy eating

exercise



staying alive

To stay alive,
we need...

air



water



food



hygiene

