

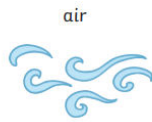


Topic: Animals including humans

Year: 2

Strand: Biology

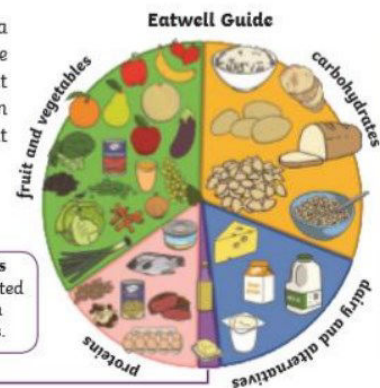
To stay alive, all animals have three basic needs for survival:



Key Vocabulary

 diet	The food and water that an animal needs.
 classify	To arrange into groups of similar things.
 healthy	Having good health.
 dairy	A nutrient which we need for strong bones and teeth,
 carbohydrates	Give us energy. They are found in foods such as bread, potatoes and pasta.
 proteins	Help our bodies to repair themselves. They are found in foods such as fish, meat and beans.
 Fat/sugar	Help store energy for our bodies. Found in foods such as butter, cheese and nuts.
 exercise	A physical activity to keep your body fit,
 pulse	Your beating heart creates a pulse.
 muscles	All movement is controlled by muscles.
 hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

6-8 a day

Eat less often and in small amounts.

Exercise

Children should engage in physical activity every day. This should be a mix of activities, such as fast walking, playing in the playground, skateboarding or riding a bike, running, dancing and playing football.



Hygiene

To stop germs from spreading, it is important to be hygienic.



Retrieval Quiz

1. You should never eat fatty and sugary foods. True or false?
2. How many portions of fruit and vegetables should we eat a day?
3. Can you name one food that is a carbohydrate.
4. Physical activity can only take place in the gym or during PE lessons. True or false?
5. How often should you do some physical activity?
6. What things can we do to be clean and hygienic?

Useful Websites

<https://www.bbc.co.uk/bitesize/articles/zs2h7yc>

<https://www.nhs.uk/healthier-families/activities/>

Key Questions

- How can we sort food?
- What food should we eat?
- How can we stay clean?
- How can we stay healthy?