

King Edwin Primary School

Main Learning: Why is it important to keep our bodies healthy?

Year 2

Subject: Science - Biology

Key knowledge

Why is it important to keep our bodies healthy?

Know why a balanced is important for humans.

Know what is meant be a balanced diet.

Know why exercise and good hygiene are also important for humans.

Know that the babies will grow into adults.

Know what humans need to survive (including food and water).

Vocabulary

Proteins

Is a food group which includes meat, eggs, fish, dairy products, nuts and seeds.

Carbohydrates

Are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.

Offspring

Refers to a person's children or an animal's young.

Life Cycle

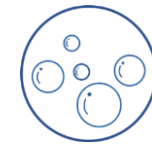
The stages of life that living things go through, from birth to death.

Nutrition

Is the process by which the body nourishes itself by transforming food into energy and body tissues.

Hygiene

Keeping clean to stay healthy and prevent germs from spreading.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



SCIENCE



Prior Knowledge -

