



# Knowledge Organiser


Years 2

Subject: Science Main Learning: Healthy living

Date	Key knowledge
	<b>Know how important it is to keep our bodies healthy</b>
	Know why a balanced diet is important for humans
	Know what is meant by 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	
<b>proteins</b>	Is a food group which includes meat, eggs, fish, dairy products, nuts and seeds
<b>carbohydrates</b>	Are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals
<b>off-spring</b>	Refers to a person's children or an animal's young
<b>fats</b>	Are found in meat and other animal products, such as butter and cheese
<b>nutrition</b>	Is the process by which the body nourishes itself by transforming food into energy and body tissues
<b>hygiene</b>	Taking care of our body by being clean and making sure we don't smell



	<p><b>Prior Knowledge –</b></p>
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