

Science Year 2 Knowledge Organiser

Main Learning: Healthy Living

Key knowledge

Know how important it is to keep our bodies healthy

Know why a balanced diet is important for humans

Know what is meant by a balanced diet

Know why exercise and good hygiene are important for humans

Know that babies will grow into adults

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

Vocabulary

proteins

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

fats

Are found in meat and other animal products, such as butter and cheese

nutrition

Is the process by which the body nourishes itself by transforming food into physical energy and body tissue

hygiene

Taking care of our body by being clean and making sure we don't smell



Prior Knowledge—