

Knowledge Organiser

Year Group	Subject	Topic
2	Science	Healthy Me

The Big Picture

Humans are part of a larger group called **animals**.

All animals need things to **survive**; we need **food** **air** and **water**.

Animals have young which are called **offspring**.













These young animals change at different stages as they grow into **adults**.

It is very important that **humans** keep themselves **healthy** and they can do this by: **exercising**, **eating the right amounts of different foods**, **being hygienic**.

Enquiry Question

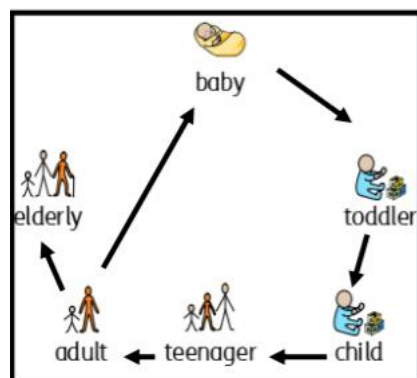
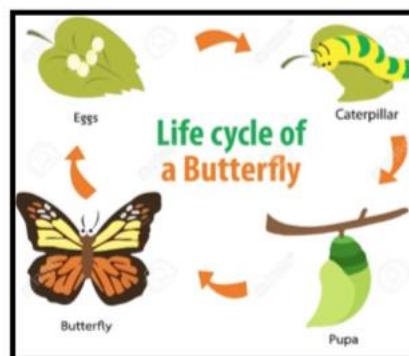
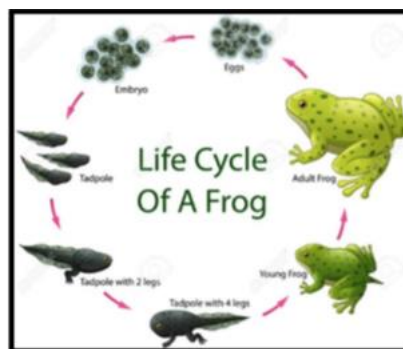
How do we survive and keep ourselves healthy?

Key Vocabulary

Survive	Continue to exist										
Air	Air is all around us and we breathe air to keep us alive										
Adult	A fully grown up animal										
Disease	An illness										
Exercise	Moving your body in different ways to make your heart beat faster										
Fitness	What happens when teeth aren't cared for										
Germ	Able to move your body easily in lots of different ways										
Growth	Getting bigger										
Healthy	Well and not suffering from any illness										
Heart	A body part that pumps blood around the body										
Hygiene	Keeping clean to prevent illness and disease										
Life cycle	The changes that an animal goes through from the beginning of its life to the end										
muscles	Something inside your body which connects two bones and which you use when you make a movement										
pictograph	<table border="1"> <thead> <tr> <th>Fruit</th><th>Number of Students</th></tr> </thead> <tbody> <tr> <td>mangoes</td><td> = 2</td></tr> <tr> <td>apples</td><td> = 2</td></tr> <tr> <td>bananas</td><td> = 2</td></tr> <tr> <td>oranges</td><td> = 2</td></tr> </tbody> </table>	Fruit	Number of Students	mangoes	 = 2	apples	 = 2	bananas	 = 2	oranges	 = 2
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Snack	A small piece of food that is eaten between meals										

Life cycles

All young animals change at different stages as they grow into adults



Foods that help us to stay healthy

- Eating lots of **fruit** and **vegetables** can help you to stay healthy
- Remember not to eat too much sugar or salt
- Try swapping biscuits, cakes and crisps for a **healthier snack**



Let's be hygienic

Coughs and sneezes can spread germs!

Remember to cover your mouth or use a tissue



Cover your mouth and nose with a tissue when coughing and sneezing



Dispose of the tissue afterwards



After coughing or sneezing, wash your hands with soap and water

And don't forget to wash your hands

What happens when you exercise?

Exercise is good for you!

- Exercise keeps our hearts healthy-when we exercise we give our hearts a work out
- Exercise strengthens our muscles in different parts of the body
- Exercise helps to keep us flexible/supple
- Exercise makes us feel good



Cycling
Yoga
Football
Running
Dancing

There are lots of different types of exercise you can try that can help to keep you fit and healthy. Even just **walking to school** every day is great for your health!

