

SCIENCE Animals Including Humans

Autumn A

Year 2

Key Ideas

Healthy living	In order to have a healthy mind and body, people should choose to eat healthy food, exercise and rest.
Being hygienic	It is very important to be hygienic. This means that you make sure that you follow rules to not spread germs.
Basic needs	The first and most basic of all needs are those to do with physical survival. This is the need for food, drink, shelter, sleep and oxygen.

Key words	Explanation
exercise	Activity that requires physical or mental work, especially when performed to develop or maintain fitness.
balanced diet	By eating a variety of different types of food, you will make sure that you are getting all the essential vitamins, minerals and other nutrients that you need.
hygiene	Conditions or practices that maintain health and prevent disease, especially through cleanliness like hand washing and covering your mouth when you cough.
nutrition	the substances that you take into your body as food and the way that they influence your health. Good nutrition is important for healthy growth and repair.
repair	Your body has to mend itself it gets injured or damaged.

Key Questions

- How do you make sure you have a healthy body and mind?
- How can you stop the spread of germs?
- What do humans need to survive?

The Eat Well plate shows how you can eat a variety of different types of food. These include starchy foods (carbohydrates), fruit and vegetables, protein (eggs, fish, lean meat, dairy (milk and yoghurts) and it shows that you should have a very small amount of fatty foods.