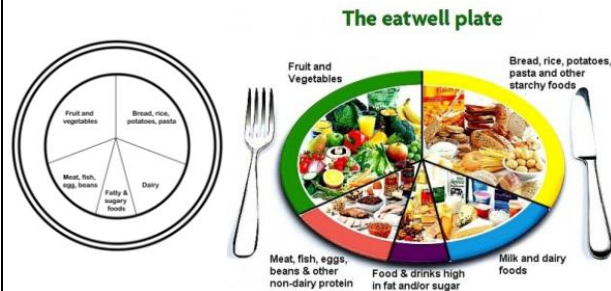


Year 2 Science - Biology - Keeping Healthy

Prior Knowledge

You may already know the names of different foods, you might be able to identify which of those are healthy and unhealthy. You may also know that exercise is good for you because it keeps you healthy and strong.

Key Diagram



Key Information

All humans and animals need:

- Water
- Food
- Air

To keep healthy we all need:

- A balanced diet
- Exercise
- Good hygiene.

Ideas to do at home

- Keep a food diary of the different foods you eat.
- Design a healthy meal or menu.
- Create a 'Keeping Healthy poster'
- Plan an exercise work out routine and teach it to someone else.
- Make a healthy change at home (eat more fruit and vegetables, walk more, exercise daily, brush your teeth for the full 2 mins).

Key Vocabulary

Dehydrate - To lose water and dry out.

Diet - The food and water a human or animal needs.

Disease - Illness or sickness.

Energy - The power needed to carry out a task.

Exercise - Physical activity which keeps your body fit.

Germs - Bugs which cause illness or disease.

Healthy - A happy body, ready to go and free from illness.

Heart rate - The number of times the heart beats in a minute.

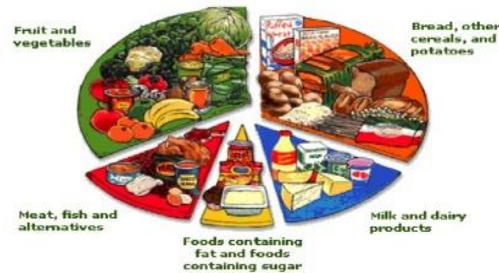
Nutrition - The food we need to live.

Pulse - The beating of the heart which can be felt in the neck or wrist.

Unhealthy - Being unwell or unable to do things easily.

Knowledge and Understanding

To grow up into a healthy adult we must eat the right types of food and do the right amount of exercise.



We should eat 7 pieces of fruit and vegetables a day and drink 6 to 8 glasses of water a day.



To stop illness spreading you should always keep good hygiene by washing your hands, washing your face, body and hair, brushing your teeth twice a day, and keeping your hair clean.



We know when we are exercising because our hearts beat faster, we become out of breath and hot and sweaty.



Dairy foods like milk and cheese keep your bones strong.
Protein foods like meat, eggs and fish, beans make our muscles strong.
Carbohydrates like pasta, rice and bread give us energy.
Fruits and Vegetables keep us healthy.

