

Gunthorpe Primary School – Knowledge Organiser

Science Focus:

Healthy Humans

Year 2:

Autumn Term 1

Key Knowledge

Exercise

Types of exercise	<ul style="list-style-type: none"> running hopping star jumps swimming walking
Changes to the body	<p>When we exercise, our body changes.</p> <ul style="list-style-type: none"> Our heart rate gets faster. Our breathing is faster. Our cheeks get red and warm. <p>This is because our heart needs to pump the blood and the oxygen in it around the body faster as we use more energy.</p>

Hygiene

To stop illness and infection spreading	<p>We must:</p> <ul style="list-style-type: none"> Wash our hands regularly for 20 seconds. Always wash our hands after we have been to the toilet and before eating. Catch it, bin it, kill it when we sneeze or cough.
Teeth	<p>To keep our teeth clean we should brush our teeth twice a day for 2 minutes.</p>

A Balanced Diet

Food	<p>To grow into a healthy adult we must eat the right types of food in the right amount.</p>
Food groups	<p>Our food can be sorted into 5 different groups:</p> <ul style="list-style-type: none"> Fruit and Vegetables Carbohydrates Dairy Proteins Oils and Spreads
Drink	<p>Water, lower fat milk and sugar free drinks are all healthy drinks. We should drink 6 – 8 glasses every day.</p>

Key Vocabulary

Spelling

Definition

diet	The food and water that an animal or a human needs.
energy	The power needed to carry out a task.
fruit	Grows on a plant, can be eaten as food and has seeds.
germs	Bugs that cause disease and illness.
healthy	To stay well and be free from illness.
heartbeat	Your heart pumps the blood around the body. Each time it does this is called a heartbeat.
hygiene	How clean something is. (To stay healthy and stops disease and illness spreading.)
oxygen	All animals and humans need oxygen from the air to survive.
sugary	Describes something that contains lots of sugar.
vegetables	A plant or part of a plant that can be eaten.

Diagrams and Symbols

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.

Eatwell Guide

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

6-8 a day

oils and spreads
Choose unsaturated oils and use in small amounts.

Eat less often and in small amounts.