

# Science - Year 2 – Autumn - How and why do I look after my body?

## What I already know:

- I can draw pictures of animals.
- I can identify and name a variety of common animals including fish, amphibians, reptiles, birds and mammals.
- I can identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- I know how humans change over time.
- I can name the basic body parts of animals and humans.
- I know the 5 human senses (touch, smell, taste, hearing and sight) and their job.

## What I need to know:

- Animals, including humans, have the basic needs of food, air, water and shelter to for survival.
- The food groups on the Eatwell Plate are carbohydrates, proteins, fruit and vegetables, dairy, oils and spreads.
- A balanced diet is vital for living a healthy life and for growth.
- Exercise is any physical activity that increases your heart rate. Your heart rate is how many times your heart beats in one minute.
- The main organs of the body are the brain, heart, lungs, liver, stomach, kidneys and skin.
- Exercise is very important, especially for your heart. You should try to do one hour of exercise every day, like walking or cycling to school or playing football. This uses up any extra sugar or fat that you might get from food and helps to keep your bones and muscles strong.
- Hygiene is the practice of keeping clean to stay healthy and prevent disease.
- Germs are easily removed by washing our hands with soap, having a shower and brushing our teeth.
- Animals, including humans, have offspring which grow into adults.
- Not all offspring look similar to their parents.



elephant and calf

## SDG Link:

**Understand a variety of ways to improve their own and other people's well-being.**

3 GOOD HEALTH AND WELL-BEING



## Vocabulary Focus

### Tier 1:

**Animal** – One of a large group of living things that can move around by themselves to find food.

**Food** – anything that contains nutrients and is eaten by living creatures in order to maintain life, health, and growth.

**Health** – the condition of being without sickness or pain

**Diet** – the food and drink usually eaten and drunk by a person or animal.

**Germs** - microscopic organisms, especially one that causes illness. Bacteria and viruses that cause diseases.

**Hygiene** – is the practice of keeping clean to stay healthy and prevent disease.

**Doctor** – A person trained and licensed to treat sick people.

**Dentist** – A person trained who takes care of the teeth and mouth.

**Adult** – Having grown up

**Grow** - To become larger by natural development

### Tier 2:

**Survival** – the act or fact of continuing to be alive or survive

**Balanced** – not going too far in any one extreme; keeping things in proper proportion.

**Exercise** - any physical activity that increases your heart rate

**Heart rate** – how many times your heart beats in one minute.

**Scientist** – A person who works in science studying ways to help people medically.

**Optician** – A person who treats our eyes.

### Tier 3:

**Oxygen** – A gas with no color or smell that is one of the chemical elements. It is all around us in the air. Oxygen combines with hydrogen to make water. It also makes up about twenty percent of the earth's atmosphere. Most living things need oxygen to survive.

**Physiotherapist** – A person who gives the treatment of disease, defects, or injuries by mechanical means, such as massage, exercise

**Profession** – a job or type of work that needs special training or study.

**Offspring** - The child or young of a particular human, animal, or plant.