

Year 2 - Animals including Humans - Health and Survival - Half Term 1

Daily Needs of a Human

a place to live

food

water

air

sleep

hygiene



exercise

Key Vocabulary

nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

Food Pyramid



Fats and Oils

Meat and Fish

**Milk, Cheese
and Dairy**

**Fruit and
Vegetables**

**Bread and
Cereal**

To know statements



I know the basic needs of animals for survival.

I know the basic needs of humans for survival.

I know the importance of eating the right food.

I know what a healthy, balanced diet looks like.

I know the impact of exercise on our bodies.

I know the importance of hygiene.

What can you remember from previous units?

Can you name parts of the human body?
Do you know the five senses?

Anything else you have learnt? What have you enjoyed?

