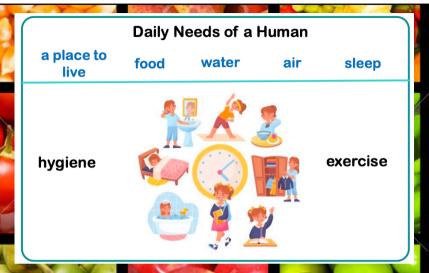


Year 2 - Animals including Humans - Health and Survival - Half Term 1



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				







Each serving (150g) contains

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



To know statements

VX

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.

Milk Chass

Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal

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?