









# Year 2 Science: Animals including humans (Basic needs, exercise, food and hygiene)

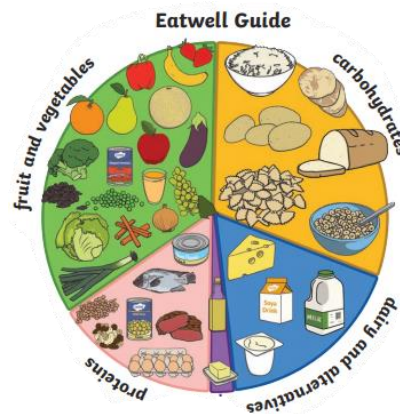
## Key Knowledge

All animals, including humans, need 3 basic things to stay alive: air, water and food.
Being active and exercising keeps our body and mind healthy.
To grow into healthy adults we need to eat the right foods in the right amounts.
Good hygiene is also important in preventing infections and illnesses.

## Vocabulary

<b>balanced diet</b>	eating the right amount of each different food group
<b>healthy</b>	in a good physical and mental condition
<b>breathing</b>	the process where air is inhaled into the lungs and exhaled again
<b>exercise</b>	physical activities to keep you fit and healthy
<b>hygiene</b>	being clean to prevent the spread of germs and diseases
<b>heartbeat</b>	the pulse of your heart
<b>germs</b>	very tiny living things that can cause disease.
<b>nutrition</b>	food we need to live

Food groups		
<b>carbohydrates</b>		provide energy (pasta, rice, bread)
<b>protein</b>		helps growth and repair (meat, fish, eggs)
<b>fats</b>		provide energy (butter, oil, nuts, sweets, crisps)
<b>fruit and vegetables</b>		these contain vitamins and minerals to keep you healthy
<b>dairy</b>		foods which contain milk (cheese, butter, yoghurt, cream)
<b>water</b>		moves nutrients around your body and helps get rid of waste



The Eatwell Guide shows the different food groups that make up a healthy diet.