

Knowledge Organiser



Year 2

Subject: Science-Biology

Main Learning: Heathy living

Key knowledge

Know how important it is to keep our bodies healthy

Know why a balanced is important for humans

Know what is meant be a balanced diet

Know why exercise and good hygiene are also important for humans

Know that the babies will grow into adults

Know what humans need to survive (including food and water)

Vocabulary

proteins	Is a food group which includes meat, eggs, fish, dairy products, nuts and seeds
carbohydrates	Are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals
off-spring	Refers to a person's children or an animal's young
fats	Are found in meat and other animal products, such as butter and cheese
nutrition	Is the process by which the body nourishes itself by transforming food into energy and body tissues
hygiene	Taking care of our body by being clean and making sure we don't smell



SCIENCE



Prior Knowledge –