St Sebastian's C of E Primary School Knowledge Organiser

Term: Autumn 2 **Subject:** Science — Animals including humans **Year:** 2

Vocabulary		
Word	**Picture**	**Definition**
Hygiene	 	Keeping something clean— this can stop germs spreading and keeps us healthy.
Exercise	 	An activity where you move your body to keep fit and healthy.

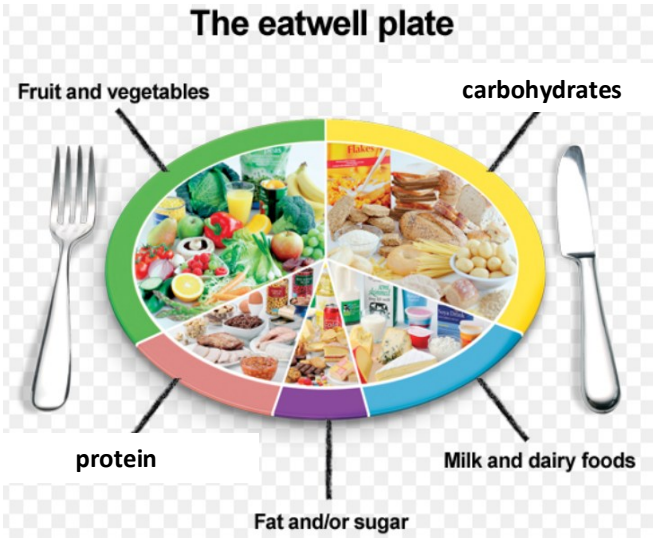


To stop illness and infections spreading, we must be **hygienic** and keep ourselves clean.

We need to have a shower or bath; wash our hands and brush our teeth regularly.

All animals, including humans, need **food, water** and **air** (oxygen) to survive.

We must try and eat the right kind of foods to stay healthy.



The main food groups are:

- **Fruits and vegetables**
- **Carbohydrates**
- **Protein**
- **Dairy**
- **Fats and sugary foods**.

More than **half our diet** should be made up of carbohydrates, fruit and vegetables.

We should **only eat a small amount** of fats and sugary foods to stay healthy.

- People need to exercise often to help their body stay strong and fit.
- Exercise is good for your heart, body and mind.
- Aim to do at least 1 hour of physical activity every day.



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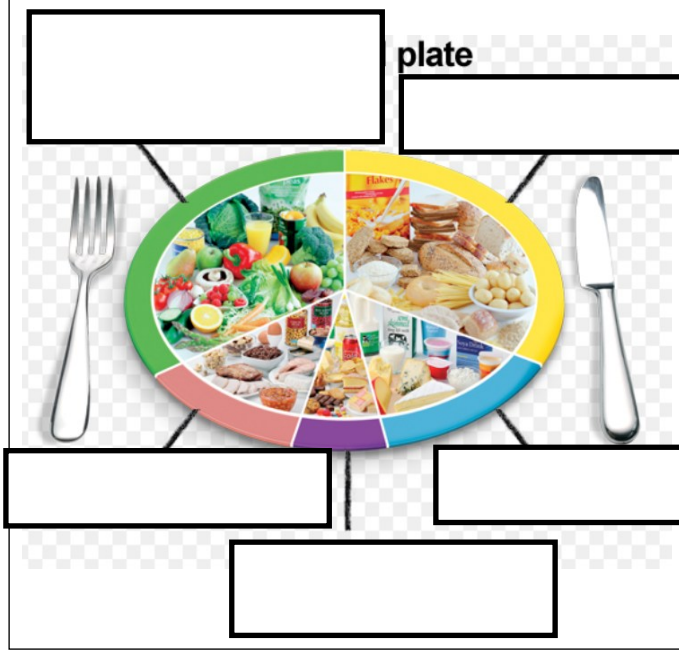


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