

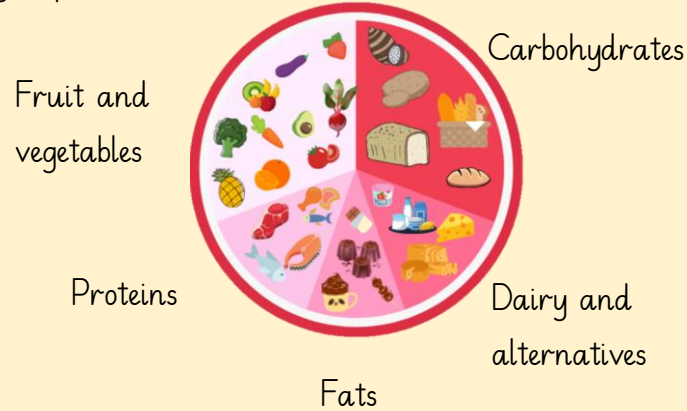


Year 2 – Animals including Humans

Key Vocabulary	
balanced diet	a diet that gives you the right foods for energy, growth and to keep you healthy
diet	the different foods that you eat
disease	an illness that makes people unwell
healthy	when you are not ill and feel good
nutrition	obtaining substances your body needs by eating food
pulse	the movement of blood that you can feel in your wrists or neck
live young	where offspring is born alive not in an egg
offspring	the child or young of a particular human, animal, or plant

The Eatwell Plate

To grow into a healthy adult, you must eat the right types of food in the right amount. There are 5 food groups:



Survival

All animals need three basic things to stay alive.

air	water	food

Exercise

Exercise is moving and being active. Exercise is extremely important for you as it keeps your body and mind healthy.



Hygiene

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy keeps us healthy. Having good hygiene stops germs from spreading.

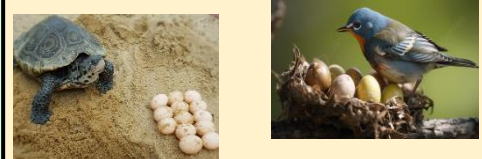


Adults and their offspring – When they are born

Some animals give birth to live young.



Some animals lay eggs which the young hatch from.



Both of these types of young then develop into adults.

Adults and their offspring – appearance

Some offspring look like their adult when they are born.



Some offspring do not look like their adult when they are born.



Key Scientist – Elizabeth Garrett Anderson.

- She was the first female doctor in Britain.
- She taught people how important it was to have good hygiene.

