Science	Animals including humans 1- Growth	Year 1/2

Key Vocabulary

WORD	DEFINITION
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
exercise	a physical effort, carried out to improve health and fitness
fat	a food group that are important for energy but only needed in small amounts
healthy	being well and fit
hygiene	the things you can do to keep yourself and your surroundings clean
nutrition	food that provides nourishment to live and grow
protein	a food group, consisting of meat, eggs, nuts which helps the body repair cells

Keeping Healthy Key Knowledge and facts

Eating a balanced diet

A healthy diet is important for your body. It helps you to grow bigger, stronger and healthier The things you eat should contain a good balance of protein, vitamins and minerals, calcium, carbohydrates, sugar and fats. Each of these do different jobs in the body.



Exercise



Exercise is an important part of staying healthy both physically and mentally. It is really important for your body and has a positive effect on your heart, lungs, bones and muscles.



Sleep

Sleep is also very important. When you sleep your body heals itself and grows.

Hygiene



It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth. Being hygienic stops the spread of germs which can cause diseases.

Basic needs of animals - To stay alive, animals need air, water, food and shelter.

Water

All animals need to drink water to stay alive; it breaks down their food and helps their brains work properly.





Air (oxygen)

Animals take in oxygen from the air. It gives animals and plants the energy to eat, grow, and live





Food

Food gives animals energy. They need energy to move, to make sounds, to see and to hear.





Shelter

Shelters provide protection from predators and bad weather and a safe place to raise their young.



