



Science – Year 2
 Animals, Including Humans:
 Humans
 (Previous knowledge – refer to
 Knowledge Organiser Year 1 – Humans -
 Senses)

Vocabulary		
Tier 1	Tier 2	Tier 3
Water	Senses	Survival
Food	Growth	Reproduction
Air	Hygiene	Adolescent
Exercise	Healthy	Elderly
Shelter	Unhealthy	Environment
Energy	Oxygen	Food groups

Useful Resources

- Picture cards to sort into 'wants' and 'needs'
- Food pictures to sort into different food groups.
- Exercise diaries

Key Scientists:

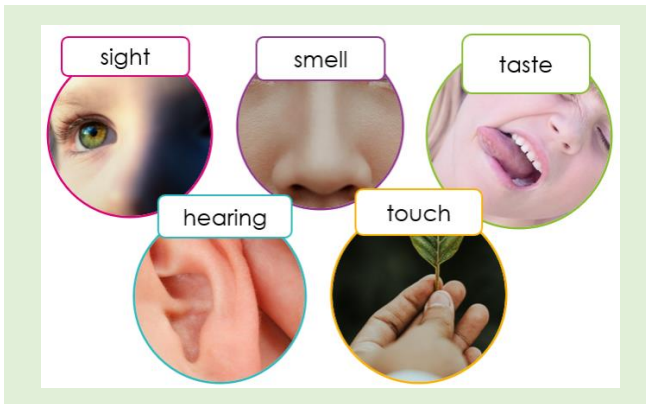
Antoine Lavoisier (1743-1794) – was a French scientist who investigated nutrition and discovered that the body changes food and drink into energy.



Food Pyramid



The Five Senses



Key Questions/Facts

What do humans need to survive and stay healthy?

- Water to drink
- Food for energy
- Shelter
- Oxygen in the air that we breathe
- Sleep for the body to rest and repair itself
- Exercise

What are the benefits of exercise?

- It helps your heart get stronger
- It strengthens your muscles
- It makes you more flexible
- It helps you to maintain a healthy weight
- It is important to drink lots of water during and after exercise so that you can replace the fluid that you have lost through sweating.

What are the different food groups?

- Carbohydrates: provide us with energy.
- Dairy: helps to keep your bones and teeth strong.
- Protein: For growth and repair.
- Fruit and Vegetables: You should eat at least five portions of fruit and vegetables every day.
- Sugar and Fat: Sugar and fat should be eaten less often and in smaller amounts.