



Year 2 – Autumn 1 – Animals including humans – Healthy Me

Key Knowledge

- I can notice that animals, including humans, have offspring which grow into adults.
- I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air).
- I can describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Vocabulary

Offspring – the babies of animals.

Survive – to continue to live.

Hygiene - the way we care for our bodies.

Germs – tiny living things that can make us sick.

Food types – different groups of food, which all give us different things.

Exercise – Keeping our body healthy through exercise.

Basic needs – things like food, water, shelter.

Food chain – when one living thing eats the other.

Shelter – somewhere to keep dry, warm and safe.

Lesson Sequence

Lesson 1

I can describe why it is important for humans to wash their hands.

Lesson 2

I can describe why it is important for humans to look after their teeth.

Lesson 3

I can describe why it is important for humans to exercise.

Lesson 4

I can describe why it is important for humans to eat different types of food.

Lesson 5

I can describe why it is important for humans to eat the right amounts of different types of food.

Lesson 6

I can describe how nutritionists carry out tests to find healthy choices.

Lesson 7

I can present information to help humans live a healthy life.