

# Science—Year 2—Animals including Humans

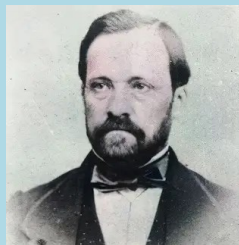
## Key Knowledge

- Animals, including humans, have offspring which grow into adults .
- Know the life cycle of a chicken, butterfly, frog, lamb and human: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. baby, toddler, child, teenager, adult.
- All animals need water, food and air to survive.
- Food is fuel for our body.
- Your body needs a range of foods to grow and to be strong, this is called a balanced diet.
- A balanced diet will consist of: fruit and vegetables,; bread, rice , potatoes, bread and pasta,; milk and dairy foods; sugar and fat; meat, fish, eggs and beans
- Foods high in fats and sugars should be eaten less often and in smaller portions.
- Exercise keeps our bodies and our minds healthy and helps us to maintain a healthy body weight. It keeps our heart and muscles strong, makes us feel happy and have more energy.
- When we exercise our bodies feel warmer, our heart beats quicker, we sweat and we become out of breath.
- To stay healthy we need to keep ourselves clean to stop germs spreading and entering our bodies.
- We keep clean by having a bath or shower regularly, brushing our teeth twice a day, washing our hands regularly, washing our face, using a tissue to catch coughs and sneezes and wearing clean clothes

## Key People

Louis Pasteur 1822-1895

Louis carried out some experiments to prove that germs are living things that can spread between objects and people, through touch or through the air.



## Vocabulary

offspring	fruit and vegetable	medicine
babies	bread, rice, potato, pasta	drugs
young	milk and dairy foods	suitable/unsuitable
grow	foods high in fat or sugar	use/useful
change	meat, fish, egg, beans	reproduction
adults	hygiene	life cycle
older/younger	clean	develop
baby/toddler/child/teenager	Wash	
basic needs	germs	
water	healthy	
food		
air		
Breathing/breathe		
pulse		
quicker/slower		
survival		
exercise		
food types		

