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| **Year 2 Spring 1 Science- Animals Including Humans** |
| Key facts1. Exercise helps the human body stay healthy by helping your muscles, heart and lungs get stronger.
2. To stay healthy, you also need a balanced diet.
3. A balanced diet is made up of a mix of fruit and vegetables, dairy, protein, fats and sugars and carbohydrates.
4. Fruit and vegetables must always take up the largest part of your plate of food (5 a day).
5. Good hygiene is also important to have a healthy body, for example washing your hands stops germs from spreading.
6. Being unhygienic can lead to negative results, for example coughing without covering your mouth can spread germs.
7. Each animal group has different survival needs as they go through different stages in their life cycle.
8. For example a baby uses milk as its diet, whereas as a child you need to combine all different food groups to get the nutrition you need to grow and keep healthy.
9. A fish can not survive on land as it does not have lungs, instead it uses its gills to be able to breathe underwater.
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| Scientific skills* Ask questions
* Observe closely
* Test an idea
* Record my results
 | Key Vocabulary* Life cycle
* Fish
* Birds
* Amphibians
* Reptiles
* Mammals
* Exercise
* Balanced diet
* Muscles
* Hygiene
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