

Brentside Knowledge Organiser - Science

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| Year: 2 | How will 5 a day help us to keep healthy? | National curriculum: Notice that all animals, including humans, have offspring, which grow into adults; • Find out about and describe the basic needs of animals, including humans for survival (water, food and air); • Describe the importance for humans of exercise, eating the right amount of different types of food, and hygiene. |
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What I should already know:

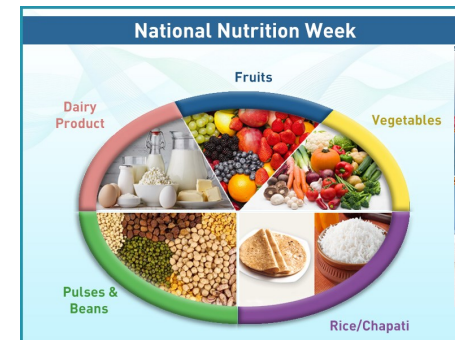
Children should be able to identify and name a variety of common animals, including fish, amphibians, reptiles, birds and mammals

Identify and name a variety of common animals that are carnivores, herbivores and omnivores

Know what plants need to grow and the elements of a healthy diet, as well as the nutrition we get from different food groups.

Identify, name, draw and label the basic parts of the human body and say which part of the human body is associated with each sense.

Maps/Diagrams/Artefacts



What I should know at the end of the topic:

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| | I will know why growth is important |
| | I will know sporting talents I might be able to have and how to look after my body to be able to do this |
| | I will know why it is not good to eat sweets often |
| | I will know which fruits grow naturally in our country |
| | I will know where other fruits that we often eat grow |
| | I will know what foods are healthy and will make up a balanced diet |

Timeline– why it is important to have a good diet for growth, what is important if you want to be good at sport, why sweets and other items may not be healthy to eat often, where fruits are grown and why, what they should be eating.

Vocabulary

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| Nutrition | Food needed for growth and energy |
| Balanced diet | Eating the right amount of different types of food |
| Crops | The food grown by farmers in large amounts |
| Athlete | A person that takes part in a sport to a high ability |
| Training | The exercises athletes do to practise their sport, and improve |
| Carbohydrate | A nutrient that gives the body energy once eaten |
| Protein | A nutrient that is good for muscles and growth |
| Dairy | Food that comes from milk |
| Grow | To change physically as natural development |
| Talent | Something you are particularly good at |
| Fruit | A sweet fleshy product from a tree that has vitamins that are good for you |
| Climate | The temperature and weather of a place |