

# Science (Y2) – Staying Healthy

## Animals, including humans

### Prior Knowledge

- Know common animals that are herbivores, carnivores and omnivores
- Know, name and label the basic parts of the human body
- Know which body part each sense links to

Choices

Health

Well-being

Determination



### Key Knowledge

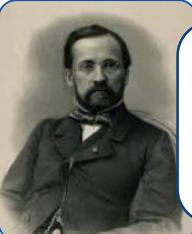
- Animals, including humans, have offspring that grow into adults
- In humans and some other animals the offspring will be young that grow into adults
- Some animals lay eggs which hatch into young and grow through stages to adults
- The young of some animals do not look like their parents such as tadpoles and frogs

All animals, including humans, have these basic needs to survive:

- Food to eat
- Water to drink
- Air to breathe
- Shelter

To grow into healthy adult animals, including humans, need:

- Good hygiene
- Exercise
- Correct types of food
- Right amount of foods



**Louis Pasteur**  
(1822 – 1895)

A French chemist who discovered that germs are living things that can be spread by touch or through the air.

*What do humans and animals need to grow and stay healthy?*

offspring	reproduction	growth
baby	names of animals and their babies e.g.	
toddler		
child		
teenager	chick	hen
adult	kitten	cat
old person	caterpillar	butterfly
survive	survival	breathing
water	food	air
exercise	heartbeat	breathing
hygiene	germs	disease
food types:		
meat	fish	vegetables
dairy	rice	pasta

**The eatwell plate**  
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

