

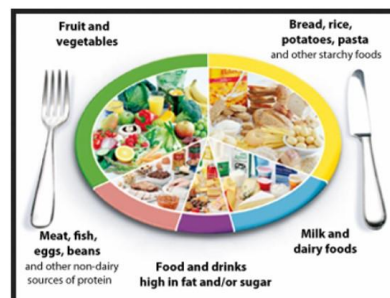
Year 1 / 2: Amazing Me Knowledge Mat

Subject Specific Vocabulary

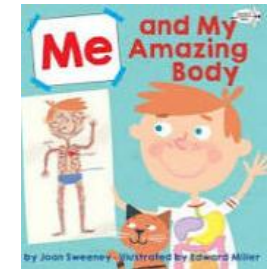
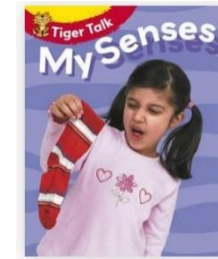
sight	Your eyes let you see all the things around you.
hearing	Your ears let you listen to all the things around you. Your brain is able to tell what different sounds are.
touch	Your skin gives you the sense of touch. You can tell if something is warm, cold, smooth or rough without even looking at it!
taste	Your sense of taste comes from your tongue. You can tell if something tastes bitter or sweet. You might have some tastes you like and some you don't.
smell	You smell using your nose. Your nose can tell if things smell nice or not nice.
diet	The food and water that an animal needs to survive (keep you alive).
food groups	A group of foods that share similar properties.
nutrition	Food needed to live.
healthy	When someone is well.
hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
exercise	An activity to keep your body moving that keeps you fit.
germs	Bugs that cause disease and illness

What I will know at the end of the unit:

- I will identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.
- I will notice that animals, including humans, have offspring which grow into adults
- I will find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- I will be able to describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.



Exciting Books



Sticky Knowledge about Amazing ME

- Animals need air, water, food and shelter to survive.
- Humans have 5 senses- touch, taste, hearing, smell, sight.
- All living things reproduce and have offspring. Adults have babies that grow into children and then adults.
- To be healthy, we must eat the right foods in the right amount. We must try to eat 5 portions of fruit and vegetables every day.
- To stop illnesses and infections spreading, we must be hygienic and keep ourselves clean.
- Exercise is important for a healthy heart, body and mind.