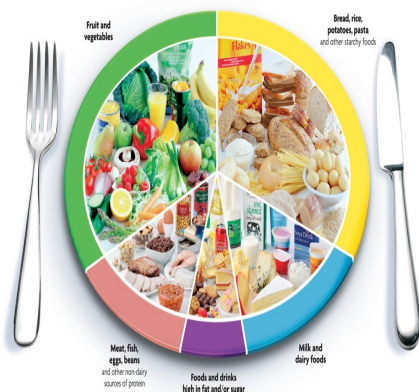


Y2 Healthy Heroes

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.



End Points:

- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- Know that 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).

Key Vocabulary

Word	Definition
nutrition	The branch of science that deals with nutrients and nutrition, particularly in humans
survival	The state or fact of continuing to live or exist, typically in spite of an accident, ordeal, or difficult circumstances.
human	A human being, a person
animal	Living things which need food and water to live. Animals can feed themselves by eating plants or other animals.
hygiene	The degree to which people keep themselves or their environment clean, especially to prevent disease.
exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
diet	Food and drink regularly provided and consumed
offspring	A person's child or children and an animal's young.
adult	A person who is fully grown or developed.
5 Food Groups	Carbohydrates, Protein, Fats & Sugars, Milk & Dairy, Fruit & Vegetables

How you can help at home:

- Keep a food diary for a day/week and see which of the 5 food groups your food falls into.
- Try to exercise for an hour a day, can you think of a different task for each day?
- Observe offspring such as caterpillars, tadpoles chicks and see how they change over time.

Life Cycle of a Chicken

