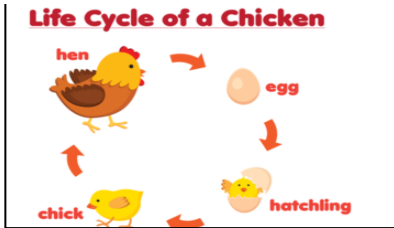


Y2 Healthy Heroes.



End Points:

- Understand that there are different food groups and that some foods are unhealthy and should therefore only be eaten in small quantities.
- Understand why it is important to exercise and give examples of different forms of exercise.
- Understand basic hygiene and the importance of good hand washing.
- Understand that some animals, including humans, have young which look similar to

Prior Learning ↔ Future Learning

Children have identified and named a variety of common animals and understand how their diet makes them carnivores, herbivores or omnivores. They have also learnt about the 5 animal groups.

Children describe the importance of human food choices, where our food comes from and how choosing to eat the right amount and type of food enables us to gain the nutrients that our bodies require.

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 few days/week and see which of the 5 food groups your food falls into.
- Observe offspring such as caterpillars, tadpoles chicks and see how they change over time.
- Participate in weekly exercise and maybe try a new activity.

Primary ECCLESALL Key Concepts

Effective Communicators Creative thinkers & problem solvers The ability to make connections and comparisons Valuable members of a community Understanding change, capable of changing and accepting change

Respect

Positivity

Kindness