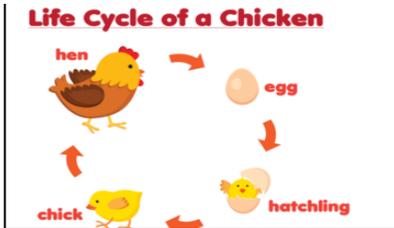


# Y2 Healthy Heroes.



## 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
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Respect

Positivity

Kindness