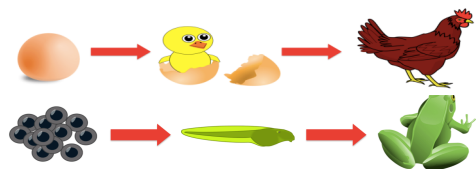
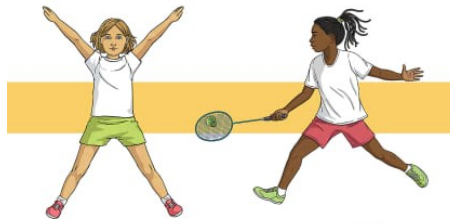


Y2 Healthy Heroes and Amazing Animals!



How you can help at home:

Be active role models by making healthy eating and daily physical activity the norm!

Introduce your child to animals by visiting a farm, zoo or your local park.

Teach your child how to care for animals when their babies. Talk about animal behaviour and guide through roleplay.

Teach them to recognize danger and warning signs.

End Points:

Be able to explain the factors involved in staying healthy; hygiene, exercise and diet. Children will have an understanding of the different food groups, basic hygiene and the importance of exercise.

Understand that some animals, including humans, have offspring which look similar to them and some animals have offspring which look very different.

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 – mammal, amphibian, reptile, bird and fish.

Habitats – children have learnt what animals need to survive – shelter, water, nutrition, space, temperature etc.

Eat Happy – 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	Gives our bodies and minds the things they need to grow and be
Macronutrients	Nutrients that are needed in large amounts by the body – protein, fat
Hygiene	How you keep your body clean. Personal hygiene is important to stop
Exercise	a way of keeping the body healthy through being active.
Healthy	A good balance between eating healthy and regular exercise.
Offspring	A child or young animal.
Baby	An infant or new animal.
Teenager	A person or animal between the ages of 13-19
Adult	A person or animal that has grown to its full size and strength.
Life cycle	The different stages of life for a living thing