

Knowledge Organiser—Year 2

How do we survive?

Vocabulary

survive — continue to stay alive or live

healthy - being well, not ill

balanced diet - includes foods from 5 groups

hygiene - things you do to avoid disease, especially through cleanliness

hygienic - staying clean

water - colourless, transparent liquid that we need to survive

food - what we eat to stay alive, includes healthy and unhealthy options

air - invisible gas around us that we need to survive

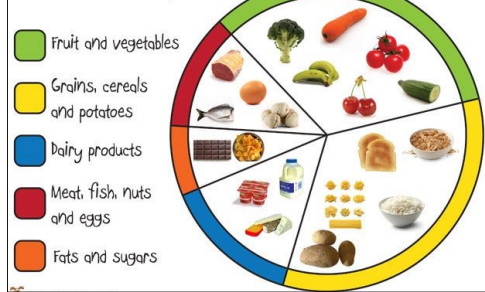
weigh - find out how heavy something is using scales

measure - find out height, weight, length

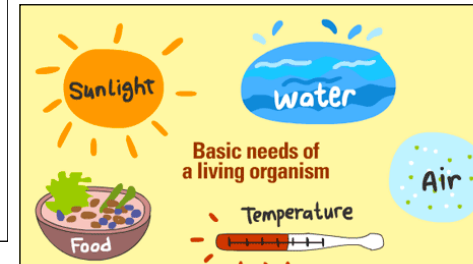
assemble - put together, meet

food groups - different categories that food can be put into: fruit and veg, sugars, grains/cereals/potatoes, dairy, meat/fish/eggs

A Balanced plate



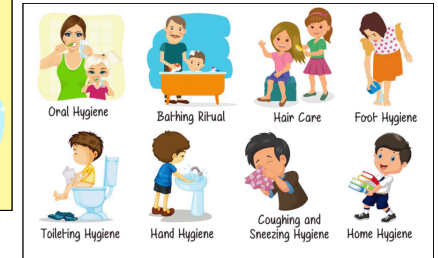
balanced diet / balanced plate



basic needs of living things



Garfield Primary



hygiene

Key Facts

Living things, including humans, need water, air and food to survive.

To be healthy we need to exercise, eat well and follow good hygiene (keep ourselves clean).

We can be hygienic by: brushing our teeth, washing our hands, having a wash, keeping our hair clean and following toilet hygiene.

There are different food categories which are: fruit and veg, sugars, grains/cereals/potatoes, dairy, meat/fish/eggs.

It is generally agreed that we need 5 portions of fruit and veg to be healthy. We call that 'five a day'.

When we exercise to stay healthy, we make our bodies work extra hard and raise our heart beat. We should do that at least twice a day.

When we talk about being healthy, we include both physical and mental health.

Physical health is all about our body and its parts and how healthy they are.

Mental health is about our feelings, emotions, thoughts and moods.

We can do many things to improve our mental health—taking part in physical activity, managing our feelings and building positive relationships are all part of it.