



Y2 Thinking like a scientist

Learning Questions

Animals including humans—growth

Key Knowledge:

Daily Needs of a Human

a place to live food water air sleep

hygiene exercise

Food Pyramid

- Fats and Oils
- Meat and Fish
- Milk, Cheese and Dairy
- Fruit and Vegetables
- Bread and Cereal

Pre-cooked Food

Processed Food

Fresh Food

Frozen Food

Tinned Food

Can I describe the needs of humans and of animals for survival?

Can I explore the importance of eating healthy food?

Can I describe what a healthy balanced diet looks like?

Can I investigate the importance of exercise on our bodies?

Can I investigate the importance of hygiene?

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Vocabulary

nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean