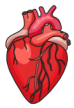
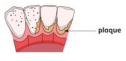
Year 2– Humans (Biology)

Factual Knowledge



- Exercise improves physical health.
- Exercise improves mental health.
- Exercising daily makes your heart stronger.
- A healthy diet includes fruit, vegetables and other healthy food.
- An unhealthy diet is a diet that is high in fat, sugar or salt.
- It is important to eat the right amounts of different types of food.
- Germs can make you unwell.
- Germs are spread easily by unwashed hands.
- You should wash your hands, sneeze into a tissue and have regular baths or showers.
- You should brush your teeth twice a day with a toothbrush, toothpaste and water.
- Plaque can build up on your teeth and can damage your teeth and gums.

Important vocabulary I will know

heart		the muscle inside the chest, which pumps blood around the body
exercise		physical activity that makes the body strong and healthy
physical health		how well a person's body is working
mental health		how a person is feeling inside their mind
healthy diet		a diet that includes fruit, vegetables and other healthy food
unhealthy diet		a diet that is high in fat, sugar or salt
germs		living things that are too small to be seen by the human eye
hygiene		keeping yourself and your surroundings clean
plaque		a sticky, coating made by germs that can harm the teeth and gums
disease		when something goes wrong with the body to make you unwell

Scientific Enquiry– Pattern Seeking

Enquiry question: Do the oldest children have the most teeth?

Working Scientifically

- Gather, record and classify data
- Make observations





