

YEAR 2 - TOPIC: OURSELVES

This is what we are learning in science lessons this half term.

Things humans need to **survive**

1	Water
2	Food
3	Air
4	Shelter

Things humans need to be **healthy**

1	A balanced diet.
2	Regular exercise.
3	Good hygiene.

Human **growth**

baby	A young child.
toddler	A child that is beginning to walk.
child	A person up to the age of 12.
teenager	A person between the age of 13 and 19.
adult	A grown up person.



What is **regular exercise** ?

Children under 5 need 3 hours of activity each day.



Children aged 5 to 16 need at least 1 hour of activity each day.

What is a **balanced diet** ?

Drink 6 to 8 cups of fluids each day



Eat the right portions of a variety of food each day.



fruit and vegetables	Give us vitamins and minerals for a healthy body.
carbohydrates	Give us energy to keep our bodies working.
dairy	Give us calcium for strong bones.
proteins	Builds and repairs our muscles.
fats	Give us energy, keep our bodies warm and protect our organs.
sugars	Give us energy - but it wears off quickly.

What is a **good hygiene** ?

Wash every day.



Brush teeth morning and night.



Wash hands after using the toilet.

Wash hands before eating.

