

# Health and Growth- Year 2 Knowledge Organiser

## What should we already know?

- External body parts.
- That all humans need food, water and sleep.
- That humans grow from babies to adults.



## Key Understanding

- What humans need to survive; air, water and food.
- Basic changes that humans go through as they grow, such as different ways of communicating, different ways of moving, different levels of care needed etc.
- That to stop illness and infection spreading, we must be hygienic and keep ourselves clean.
- That in order to grow and be healthy, humans need regular exercise.
- That to grow into a healthy adult, we must eat the right types of food in the right amount:
  - Fruit and vegetables, proteins, carbohydrates, dairy and alternatives, oils and spreads.
  - Other foods, such as crisps, chocolate and cake should be eaten less often and in smaller amounts.
  - 6-8 glasses water a day.

## Key Vocabulary

Dehydrate- to lose water (dry out).

Diet- the food and water that an animal needs.

Disease- illness or sickness.

Energy- the power needed to carry out a task.

Exercise- a physical activity to keep your body fit.

Germs- bugs that cause disease and illness.

Heart rate- the number of times a heart beats in one minute.

Hygiene- how clean something is (to stay healthy and stop disease and illness spreading).

Nutrition- food needed to live.

Pulse- the beating of the heart that can be felt in your neck and wrist.



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1. What three things do humans need to survive?

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2. How can we stop illness and infection from spreading?

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3. What are the food groups that we need as part of a balanced diet?

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4. How many glasses of water should we drink in a day?