

Science

Year 2 - Animals including Humans

Basic Needs

To stay alive, all animals have 3 basic needs:



Key Knowledge

To grow into a healthy adult, we must eat the right types of food in the right amount and exercise. A healthy diet is important. We should eat a variety of foods regularly. To stop illness and infections spreading, we must be hygienic and keep ourselves clean. When we feel poorly we may need to take medicines to help make us well again.

Key Concepts

Key Vocabulary

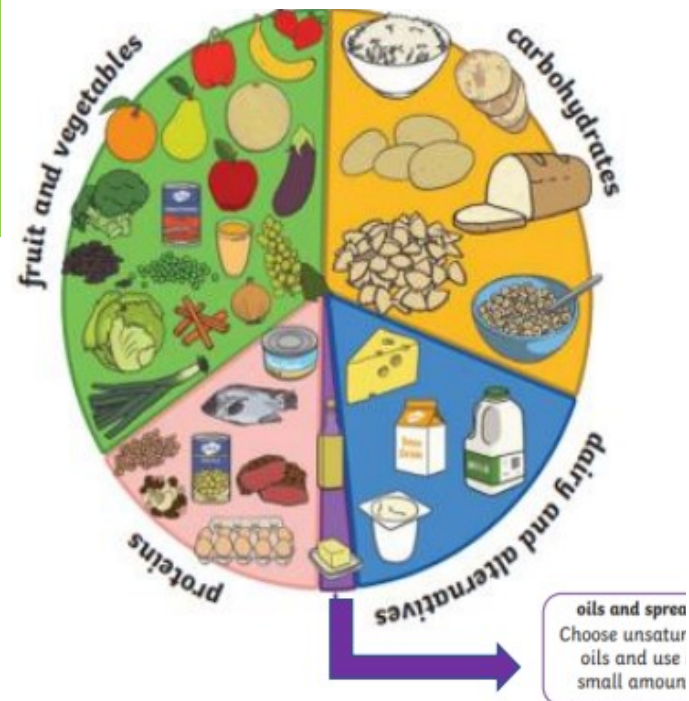
Diet - the food and drink that animals including humans need to survive and stay healthy.

Exercise— a physical activity your body needs to stay fit.

Disease— an illness spread by bacteria or germs.

Hygiene— how we keep ourselves and the world around us clean to stop germs spreading.

Medicine- a substance, especially in the form of a liquid or a pill, that is a treatment for illness or injury



Self Assessment

Let your teacher know

Tick one



I fully understand.



I need more practice.



I do not understand yet.

Self Assessment