

# Year 2 Knowledge Organiser

## Unit: About Diet and Health

### GR8! — 8 words and meanings to learn

Key Word	Meaning
1. exercise	Activity requiring physical effort.
2. hygiene	The things that you do to keep you and your surroundings clean and healthy.
3. healthy	Being in a good condition with your body and mind.
4. nutrition	Having the right food needed for health and growth.
5. portion	The size or amount of food provided at one time.
6. balanced diet	Having different food and drink in equal or similar amounts.
7. measuring	Working out the size or amount of something.
8. temperature	The heat that is present in a substance or object.

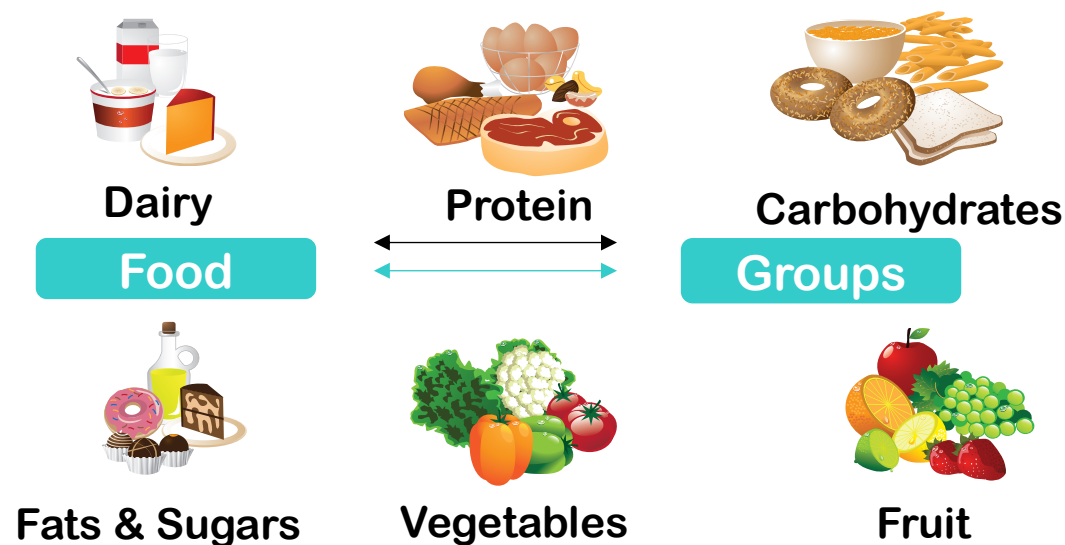
### Did you know?

It is recommended that we eat five portions of fruit or vegetables a day.

Vitamins and minerals are important for your skin, hair and bones.

Eating lots of fatty and sugary foods mean we are more likely to get ill.

Good exercise or activity is one that gets your heart beating faster than normal.



### Lesson 1

- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)

### Lesson 2

- Learn the importance of nutrition for humans

### Lesson 3

- Know how to keep healthy through diet

### Lesson 4

- Discuss the importance of exercise, a healthy diet, and hygiene

### Lesson 5

- Know how to keep healthy through daily exercise

Before and After...

Question 1: Tick the things a human needs to survive.	Start of unit:	End of unit:
food		
air		
water		
warmth		
clothes		
exercise		

Question 2: How can humans stay healthy?	Start of unit:	End of unit:
exercise		
medicine given by the doctor		
balanced diet		
look after animals		
reading books		
Listening to music		

Question 3: How can you maintain good personal hygiene?	Start of unit:	End of unit:
Cleaning your teeth regularly		
Taking a shower everyday		
Brushing hair		
Wearing clean clothes		
All of the above		

Question 4: Circle the foods classed as dairy	Start of unit:	End of unit:
steak      sausages      beef  onion      pork      carrot  milk      lamb      chicken		

Question 5: Circle the foods classed as proteins	Start of unit:	End of unit:
yoghurt      oranges      pears  cheese      onion      cottage cheese  milk      cream      bread		