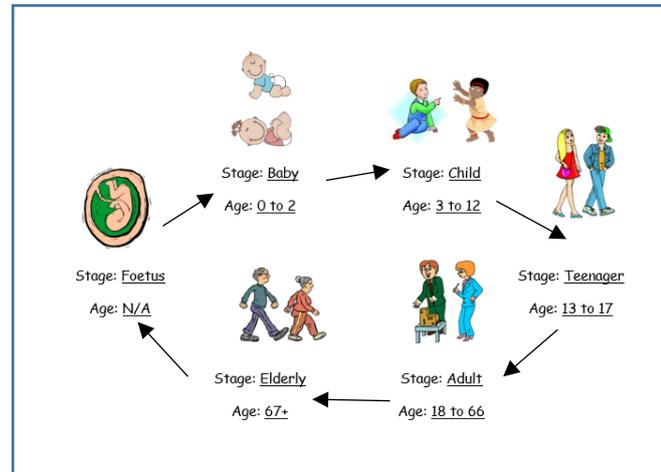


Science focus	Animals including humans - Biology	Year 2	Autumn 2 nd Half Term
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Vocabulary dozen	
Word	Definition
Offspring	A person's or animal's child or children.
Adults	A person or animal that is fully grown or developed.
Survive	To continue to live or exist.
Basic needs	Humans and animals have basic needs for survival - food, water and air.
Air	Invisible gas surrounding the earth, it is needed to breathe.
Exercise	An activity requiring physical effort, carried out to maintain health and fitness.
Nutrition	Getting the food needed to grow and be healthy.
Hygiene	Things we do to make us healthy and prevent diseases, usually through cleanliness.
Right amount	If you get or have the right amount of something it means you have enough of it.
Balanced diet	Eating the right amount of food from each food group helps you to stay healthy.
Food groups	There are 5 food groups: fruits & vegetables, carbohydrates, protein, dairy and oils & spreads.
Energy	We need energy to grow, stay alive, keep warm and be active.

Human life cycle



Facts about living things:

- Living things have basic needs to survive.
- They need water, food and air.
- Animals are living things.
- Humans are animals (mammals).

How to stay hygienic

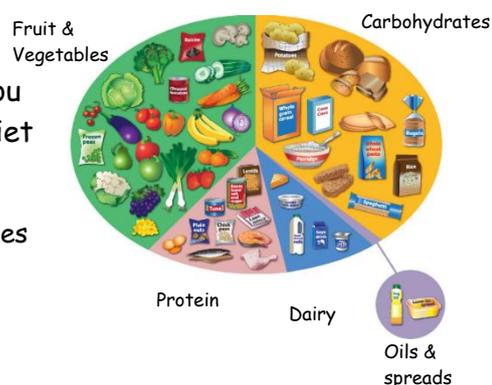
Germbusters
How to Wash Your Hands

1. Make sure your hands are covered in water.
2. Put some soap onto your hands.
3. Make sure you wash in between your fingers.
4. Wash all of the soapy bubbles away.
5. Check your hands are dry. Bacteria love water.
6. Don't touch the dirty tap with your clean hands.

Active lifestyle	Inactive lifestyle
<ul style="list-style-type: none"> • Walking to school • Swimming • Riding your bike 	<ul style="list-style-type: none"> • Driving to school • Watching TV • Playing the computer

This plate shows everything you need for a healthy nutritious diet

We need to eat a variety of different foods to keep our bodies healthy and to help prevent diseases.



Others ways to stay hygienic:

- Brush your teeth twice a day.
- Wash yourself every day.
- Change your clothes when they are dirty.
- Wash your hair regularly.