

seasons. There are four seasons each year, autumn,

## Year 2: Healthy Living Knowledge Organiser

### Key Vocabulary

autumn healthy	Keeping healthy means doing things that are good for your body like eating nutritious foods and exercising.
diet	Eating a balanced diet means choosing foods in the right amounts from each food group.
exercise	A physical activity to keep your body fit.
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds.
carbohydrates	Carbohydrates are sugars and starches, which are found in foods such as starchy vegetables, grains, rice, breads and cereals.
fats	Fats are found in meat and other animal products, such as butter and cheese.
nutrition	Food needed to live.
survival	Survive means to succeed in keeping alive.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germ spreading.

To stay alive

To stay alive, all animals have three basic needs for

survival:



air



water



food

### Sticky Knowledge

Keeping **healthy** means caring for your body so you can have enough energy to learn, play and grow.

All foods contain **nutrients** which your body needs to stay active throughout the day. Some foods have more nutrients than others.

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of **nutrients**.

It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.

Keep your mouth **healthy** by brushing and flossing to have clean teeth and gums.

It's important to have 30-60 minutes of **exercise** every day. This

To grow into a healthy adult, we must eat the right types of food in

### Eatwell Guide



Eat less often and in small amounts.

