






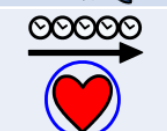
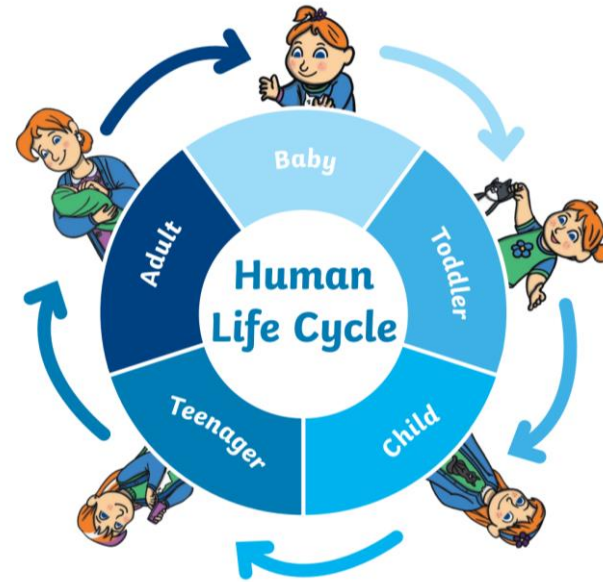


Year 2 – Unit 4 – Science – Animals including Humans

Key Vocabulary

balanced diet		Eating a variety of foods from different food groups in the correct amounts.
development		Growing and changing as you get older, including your appearance, emotions and skills.
exercise		Physical activity that involves moving your body to keep it healthy.
healthy		Being strong and well, feeling good food and having energy.
hygiene		Keeping yourself clean to stay healthy and stop the spread of germs.
life cycle		A series of changes that a living thing goes through during its life, from beginning to end.
nutrition		The food that we eat and how it helps our body to grow, stay healthy and have energy.
survival		Staying alive by finding what you need like food, water and shelter.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

