



KEY VOCABULARY

Survival	To continue to live or exist.
Basic need	The absolute minimum things needed for long term well being.
Growth	The process of increasing in size.
Hygiene	An activity that you do to keep things healthy and clean.
Medicine	A drug or something similar used to treat illnesses or prevent disease.
Nutrition	A drug or something similar used to treat illnesses or prevent disease.
Balanced diet	A diet made up different types of food that give your body the right amounts of nutrients.
Describe	To give a detailed account in words.
Differences	The way in which people or things are dissimilar (not the same).
Observe	To watch carefully the way something happens.

WORKING SCIENTIFICALLY

- ✓ **Observe and measure:**
For example - How do humans grow?
- ✓ **Record findings using charts**
- ✓ **Ask questions:**
For example -
What do animals and humans need for survival? What do humans need to stay healthy?
- ✓ **Suggest ways to find answers to their questions.**

LINKS TO OTHER CURRICULUM AREAS

- Year 1** - Common animals;
Basic parts of the human body; Senses
- Year 3** - Nutrition; Skeletons and muscles
- Year 4** - The digestive system;
Teeth; Food chains
- Year 5** - Changes as humans develop into old age
- Year 6** - Circulatory system; Recognising the impact of exercise, drugs and diet; How nutrients and water are transported in humans and animals.

KEY LEARNING

- ✓ All humans have the same basic needs for survival (water, food and air)
- ✓ Humans and animals have offspring
- ✓ Humans go through specific stages of growth: Baby, toddler, child, teenager, and adult
- ✓ The stages of growth in animals varies: Egg, chick, chicken; egg; Caterpillar, pupa, butterfly; Spawn, tadpole, frog
- ✓ Exercise, eating the right amounts of different types of food and hygiene are important in keeping us healthy
- ✓ Our bodies need a balanced diet
- ✓ When we become ill, we may need to take some medicine (drugs) to make us better.

KEY FACTS

- ✓ Humans and animals need water, food and air in order to survive
- ✓ Humans have offspring which go through specific stages of development as they grow
- ✓ A balanced diet is important for good health.
- ✓ A balanced diet is made up of: Carbohydrates, protein, fat, fibre, vitamins, minerals and water, in the right amounts.
- ✓ Some medicines can be harmful if they are not taken properly

THE FOOD PYRAMID

