

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 getting bigger.
Hygiene	An activity that you do to keep things healthy and clean.
Medicine	A drug or something similar to treat illnesses and prevent disease.
Nutrition	
Balanced diet	A diet made up of different types of food that gives your body nutrients.
Differences	How things are not the same.
Observe	To carefully watch the way something happens.

KEY LEARNING



- Exercise, eating the right amounts of different types of food and hygiene are important in keeping us healthy
- 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
- A balanced diet is important for good health.
- A balanced diet is made up of carbohydrates, protein, fat, fibre, vitamins and minerals and water.
- Some medicine can be harmful if they are not taken properly.

WORKING SCIENTIFICALLY

Observe and measure

- How do humans grow?

Record findings using charts

Ask questions

- What do animals and humans need to survive?
- 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

THE FOOD PYRAMID

