Plymouth Science

Knowledge

Year 1/2
Humans, Animals and Staying Healthy

Diet- the food and water and animal needs.

Exercise- a physical activity to keep your body fit.

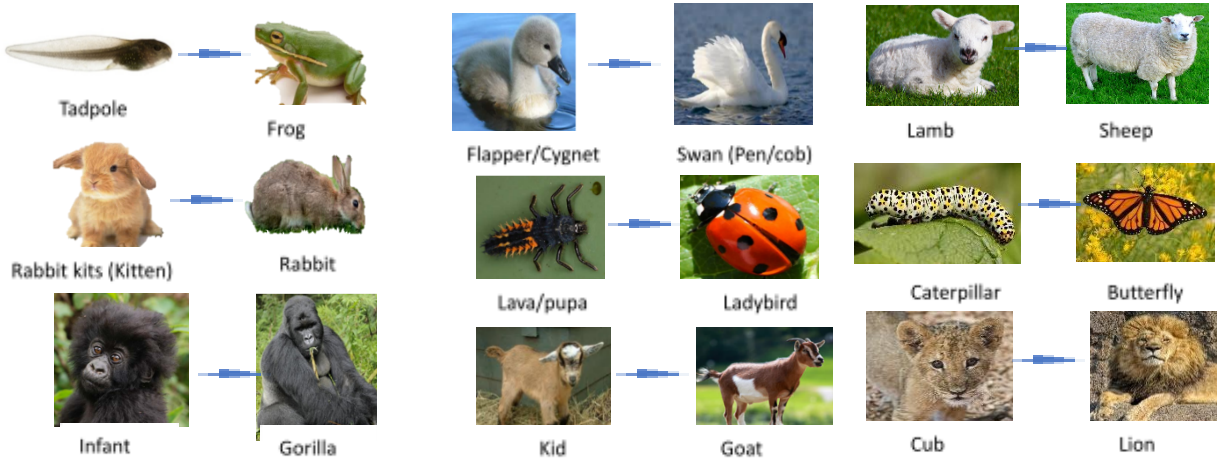
Hygiene- how clean something is.

Germ- bacteria or virus.

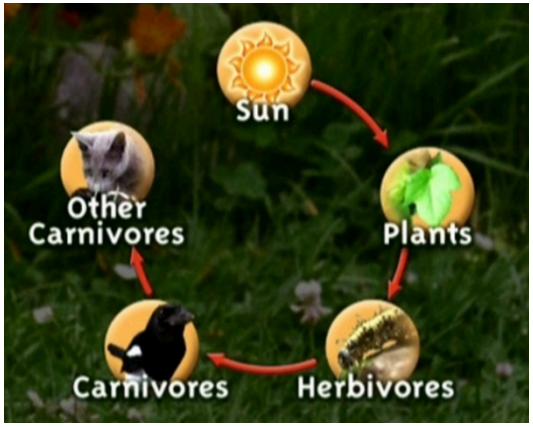
Medicine- a drug or other substance used to treat disease or other illnesses and symptoms.

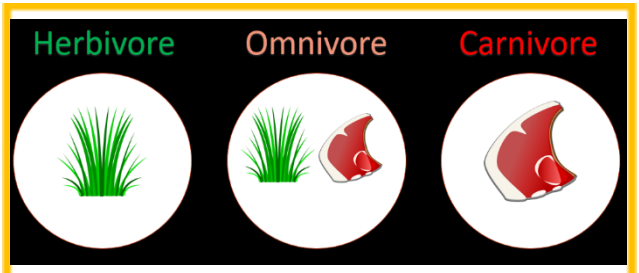
Reproduce- when living things make a new living thing of the same kind.

Adults and their offspring

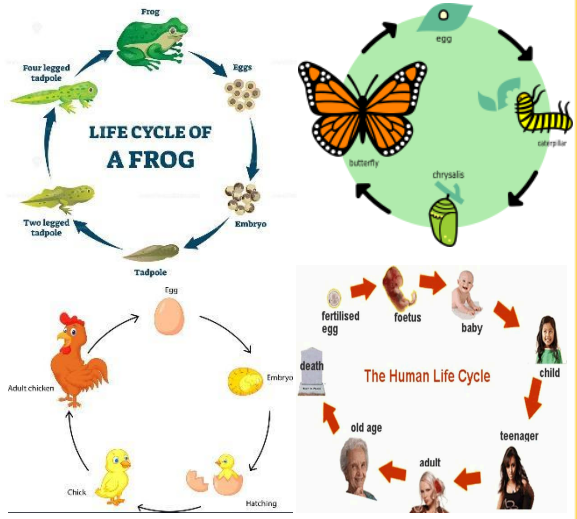


Lifecycles





Example Lifecycles



Plymouth Science

Year 2
Animals Including Humans

How to look after ourselves

- We need to eat the right types of food and do the right amount of exercise.
- We need to drink plenty of water.
- To stop illness and infections spreading, we must be hygienic and keep ourselves clean.
- When we feel poorly, we may need to take medicines to help make us well again. We may need to see the doctor.
- We must look after our teeth and see the dentist regularly.

Exercise

Our pulse rate measures how fast our heart is beating.

When we exercise our heart beats faster to pump oxygenated blood to our muscles.

This raises the pulse rate.

Hygiene

- We must wash our hands regularly with soap and water to get rid of germs (Bacteria).
- We must clean surfaces to kill harmful bacteria.
- Bacteria needs time, temperature, food, moisture and warmth to spread.
- Germs spread easily through the air- cough and sneeze into a tissue to stop the spread.

A Balanced Diet

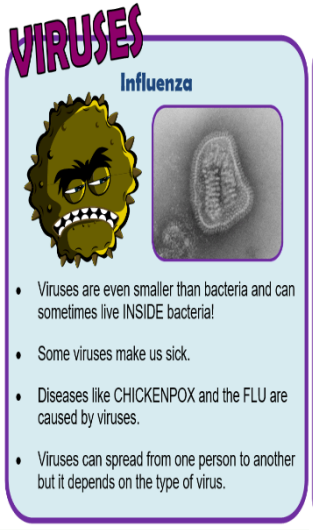
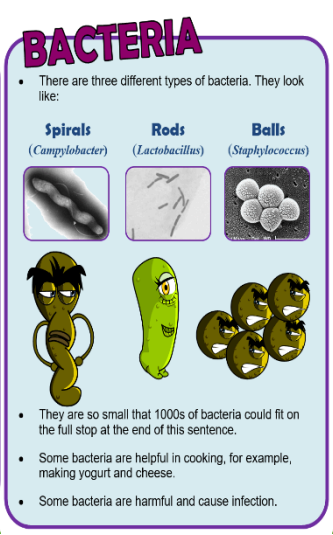
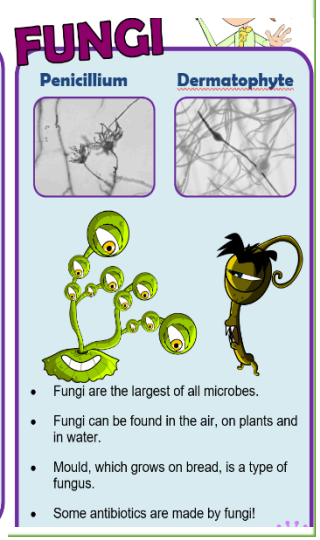
Five Food Groups.

Fruit and Veg for our vitamins and minerals.

Bread, rice, potatoes, and pasta for our carbohydrates.

Milk and dairy food for our calcium.

Food and drink high in fats and sugars for energy.

Meat, fish, eggs and beans for protein

Germs