

Year 2: What do we need to grow and stay healthy?

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about healthy living
healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep		☐ Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.		☐ All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
off-spring	You can refer to a person's children or an animal's young as their off-spring.		☐ Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.
exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.		☐ 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.
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds	Important facts to know by the end of the healthy living topic: • Know that animals, including humans, have young animals that look like them. • Know that the babies will grow into adults. • Know what humans need to survive (including food and water). • Know what animals need to survive. • Know why it is important to exercise. • Know why it is important to eat the right amounts of food. • Know why it is important to keep clean and wash regularly.	☐ Keep your mouth healthy by brushing and flossing to have clean teeth and gums.
carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.		☐ It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.
fats	Fats are found in meat and other animal products, such as butter and cheese.		
nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.		
survival	Survive usually means to succeed in keeping alive.		
hygiene	Taking care of our body by being clean and making sure we don't smell.		