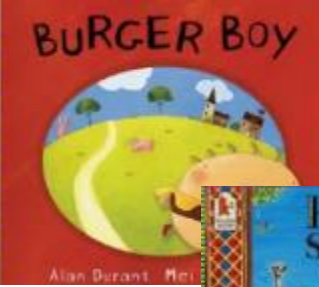



# Year 2: What do we need to grow and stay healthy?

| Subject Specific Vocabulary |   | Interesting Books  | Sticky Knowledge about healthy living  |
|-----------------------------|---|--|--|
| <b>healthy</b>              | Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep          |     | <input type="checkbox"/> Keeping healthy means caring for your body so you have enough energy to learn, play and grow.   |
| <b>diet</b>                 | Eating a balanced diet means choosing foods in the right amounts from each of the food groups.  |  | <input type="checkbox"/> All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.                        |
| <b>off-spring</b>           | You can refer to a person's children or an animal's young as their off-spring.  |  | <input type="checkbox"/> Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.                          |
| <b>exercise</b>             | Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.                                    |  |  |
| <b>proteins</b>             | Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds   | <b>Important facts to know by the end of the healthy living topic:</b> <ul style="list-style-type: none"> <li>• <b>Know that animals, including humans, have young animals that look like them.</b></li> <li>• <b>Know that the babies will grow into adults.</b></li> <li>• <b>Know what humans need to survive (including food and water).</b></li> <li>• <b>Know what animals need to survive.</b></li> <li>• <b>Know why it is important to exercise.</b></li> <li>• <b>Know why it is important to eat the right amounts of food.</b></li> <li>• <b>Know why it is important to keep clean and wash regularly.</b></li> </ul> |  |
| <b>carbohydrates</b>        | 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. |  | <input type="checkbox"/> 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. |
| <b>fats</b>                 | Fats are found in meat and other animal products, such as butter and cheese.  |  | <input type="checkbox"/> Keep your mouth healthy by brushing and flossing to have clean teeth and gums.  |
| <b>nutrition</b>            | Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.  |  | <input type="checkbox"/> It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.                             |
| <b>survival</b>             | Survive usually means to succeed in keeping alive.  |  |  |
| <b>hygiene</b>              | Taking care of our body by being clean and making sure we don't smell.  |  |  |