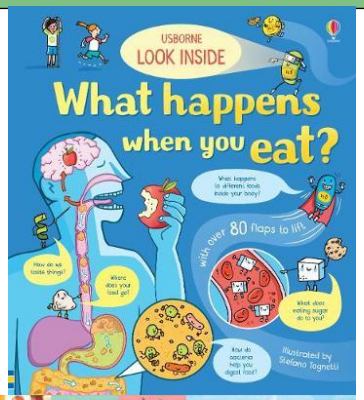
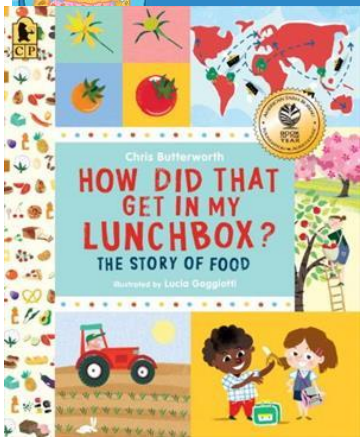
Year 2: What do animals including humans need to survive and thrive?

Subject specific vocabulary	
healthy	Keeping healthy is eating a variety of foods, exercising, brushing your teeth, washing and getting enough sleep.
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.
off-spring	A person's children or an animal's young .
exercise	Keeping your body healthy by running, walking and playing.
shelter	Something that protects you from the weather.
air	Animals need air to breathe and survive.
survival	Survive usually means to stay alive.
hygiene	Taking care of our body by being clean and making sure we don't smell.

Interesting books





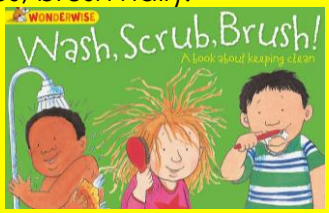


Sticky knowledge about healthy living

- ❑ Know that animals, including humans have offspring which grow into adults.



- ❑ Know that animals including humans need water, air, shelter and food to survive.
- ❑ Know 2 things that humans need to do to keep clean (e.g. brush teeth, wash, clean clothes, brush hair).



- ❑ Know 2 things humans need to do to keep healthy (balanced diet and exercise).

