

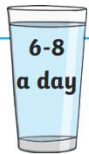
Autumn 1 – My Brilliant Body

Class 2 Knowledge Organiser: Keeping Fit and Healthy

A balanced diet

All animals eat to survive. What we put into our bodies is very important. We must eat and drink the right amount and the right type of foods and drinks, or we can end up ill.

Eat less often and in small amounts.



Water, lower fat milk and sugar-free drinks.



To stop germs from spreading, it is important to be **hygienic**.

Survival

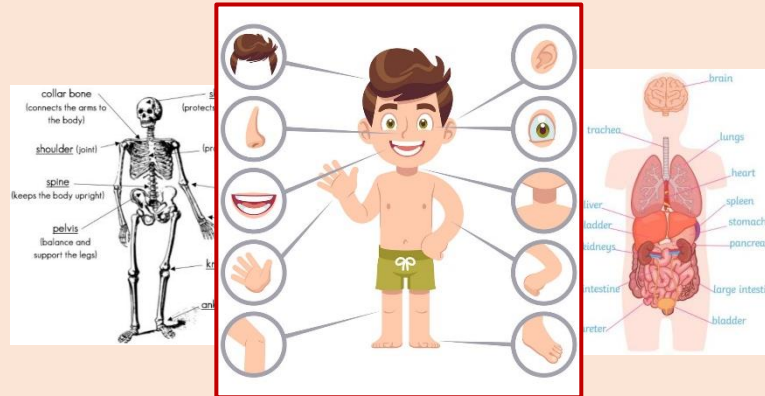
Survival means staying alive. To stay alive, all living things have three basic needs:



We need other things too, but without these, we would not survive.

The human body

Our bodies are made up of parts outside (like our skin, arms and legs) and parts inside (like our organs, blood and skeleton).



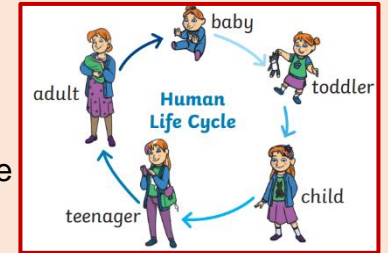
Exercise and healthy hobbies

Moving helps to keep humans' bodies and minds healthy. This can be playing team sports, doing exercise by yourself or hobbies that keep us moving, like hiking and dancing.



Growing and Changing

All living things start life as a part of their parents. Humans are part of a group of animals called mammals that are born as live babies, but many animals lay eggs instead. All animals (including humans) grow and change through their life, such as getting bigger.



diet	The type and amount of food and drink that we take into our bodies.
exercise	Movement that makes your heart beat faster and keeps you fit.
hygiene	Things we do to make it harder for germs to make us poorly.
life cycle	The changes living things go through to become an adult.
muscles	Parts of the inside of our bodies that help us to move.
nutrition	Food that is needed by all living things to help them to survive.
organs	Parts of our body, on the inside, that help us to breathe and think.
senses	How our body and brain make sense of the world around us.
skeleton	The bones inside our body.

Class 2 – Autumn Term – My Brilliant Body

What happens to your body when you exercise?	Start	End
You get sleepy		
Your heart beats faster		
Your lips turn blue		
You get cold		

The word 'survive' means...	Start	End
Being hungry		
Having to go to the toilet		
Staying alive		
Eating the right food		

Tick three things that all animals need to live.	Start	End
Food		
Air		
Toys		
Water		

True or false?	Start	End
Human babies hatch out of eggs.		

Match the body parts to the correct senses.	Start	End								
<table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; padding: 5px;">smell</td> <td style="border: 1px solid black; padding: 5px;">skin</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">taste</td> <td style="border: 1px solid black; padding: 5px;">eyes</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">touch</td> <td style="border: 1px solid black; padding: 5px;">mouth</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">sight</td> <td style="border: 1px solid black; padding: 5px;">nose</td> </tr> </table>	smell	skin	taste	eyes	touch	mouth	sight	nose		
smell	skin									
taste	eyes									
touch	mouth									
sight	nose									

Tick the foods that are healthy for humans.	Start	End
crisps		
bananas		
yogurt		
sweets		
carrots		

'I wonder'...