



What I should already know:

Humans need food, water and air to survive. They also need warmth and shelter.

By the end of this unit I will know:

The types of food we need to keep healthy.
Exercise and hygiene are important for us to live a healthy life.

**Year 2: Take Care
Science: Biology**



Vocabulary

Carroll diagram	A diagram for sorting things using yes and no
Exercise	Activities that require physical effort in order to improve health and fitness
Healthy diet	Food and drink that maintains overall health
Hygiene	Conditions or practices of cleanliness to help stay healthy
Physical activity	An activity that requires the body to move, such as exercise
Venn Diagram	I diagram with interlocking circles used for sorting by looking for common links and differences.

Healthy or not?

Tin of sweetcorn	Apple
Green beans	Whole roast chicken
Fish fingers	Tin of baked beans
Loaf of sliced bread	Bowl of cereal
Bottle of milk	Yoghurt pot
Egg	Cupcake
Packet of crisps	

Working Scientifically

Identifying and classifying.
Gathering and recording data to help in answering questions.



Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 9/3/15	Soccer 20min	Bike Ride 20min	Walking 20min	60 minutes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GOAL = 60 Minutes Daily

NAME - _____

WEEK OF - _____



Investigation:

Which foods are healthy for us?
How can we stay fit?
How can we stay clean?

