

Alder Coppice Primary School — Knowledge Organiser and Quiz

Science

Year: 2

Unit 1: Life Cycles and Keeping Healthy

Links to: Y1 Animals, including humans

What I Should Already Know:

- The names of different part of my body
- The names of my 5 senses and the parts of the body associated with them



Unit Specific Vocabulary:

Calcium – helps to keep our teeth and bones strong.

Carbohydrates – foods like bread, pasta, rice, cereals, potatoes.

Protein – meat, fish, eggs

Dairy – foods made from milk which contain calcium, like yoghurt, cheese and milk.

Diet—what you eat on a regular basis

Exercise— an activity that requires effort to improve our fitness

Fibre— What our bodies get from eating breakfast cereals and some parts of fruits and vegetables

Germs – tiny living things that can sometimes make us

Hygiene - means doing things that keep you clean and stop you from getting ill.

Vitamins – goodness that our bodies need to grow and be healthy.

Life cycle— a circular diagram which shows how things grow and change

Personal hygiene—keeping our body clean and healthy by washing, brushing our teeth and wearing clean clothes

Protein—What our bodies get from eating meat and fish

Vitamins—What our bodies get from eating fruits and vegetables

Skills and Enquiry:

- What is a life cycle?
- How are life cycles different?
- What do life cycles look like?
- How should we keep healthy?
- What is a healthy diet?
- What is personal hygiene?

Key Facts :

All living things need:

- Oxygen (to breathe)
- Food (to give us energy)
- Water (to help digest food)
- Shelter (to keep us safe and warm)

Needs of Animals

Water



Oxygen



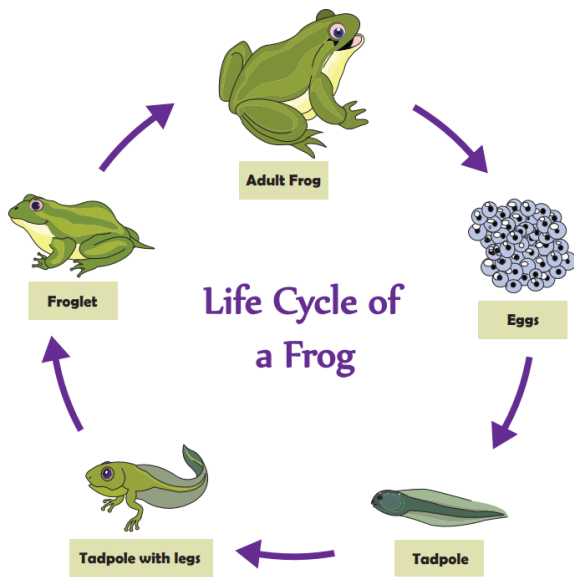
Food



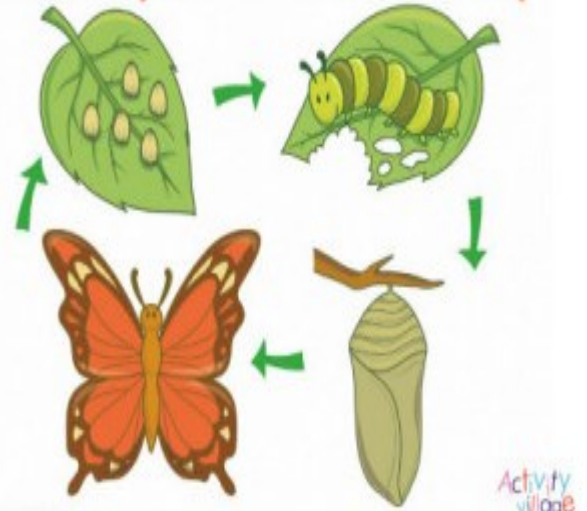
Shelter



Life cycles are usually shown in a circle



Life Cycle of a Butterfly



Our diet is important to keep us healthy. We should try to eat lots of different foods.



- Vitamins from fruits and vegetables
- Protein from fish and meat
- Calcium from milk and other dairy foods
- Fibre from cereals

Exercise is important to keep us healthy. It gets oxygen to our brain and help us concentrate and sleep better.



Good personal hygiene habits:

- Brushing teeth
- Washing our body
- Washing hands after visiting the toilet
- Washing clothes

