Knowledge Organiser: Animals, including humans 1 - Growth Careers connected to the human body: doctor, nurse, massage therapist, personal trainer, theatre technician



Lesson Sequence



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene



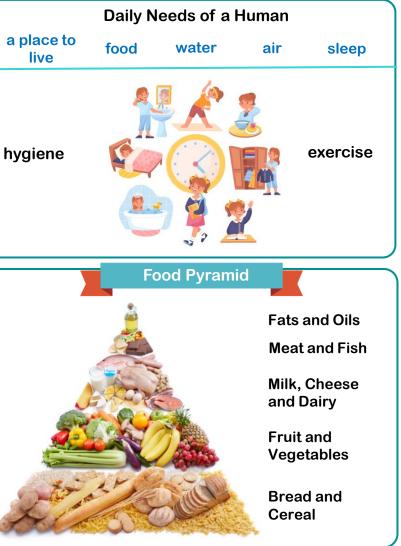
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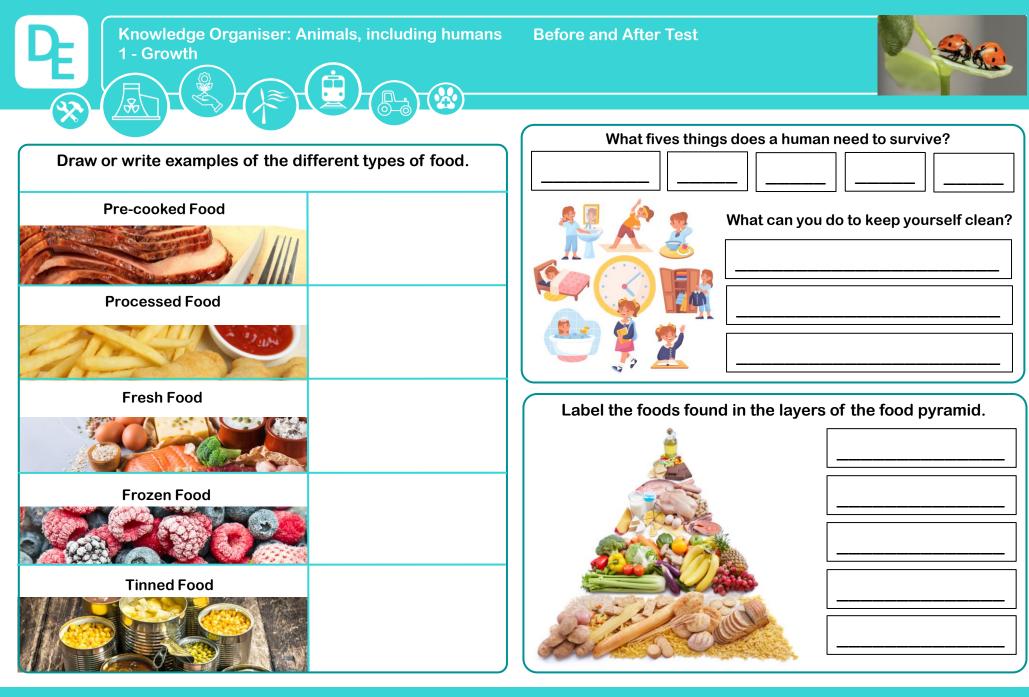
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Unit Rocket Words: Year 2 – Living things and their habitats – around the world	
nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean