

Animals including humans

Careers linked to this topic

Doctor, nurse, massage therapist, personal trainer, theatre technician

Lesson 1 Describe the needs of animals for survival.

What do animals need to survive?

Choose an animal and its suited habitat which incorporates everything needed for survival (using observations and ideas to answer questions)

Essential, oxygen, nutrition, survival, shelter

Lesson 2 Describe the needs of humans for survival

What do humans need to survive?

Sorting what is and is not important for human survival (using observations and ideas to answer questions)

Healthy, non-essential, survive, vital, grow

Lesson 3 Explore the importance of eating the right food

What are the 5 food groups and why are they important?

Sorting foods into the correct group on the food pyramid (identifying and classifying)

Carbohydrate, protein, dairy, calcium, vitamins

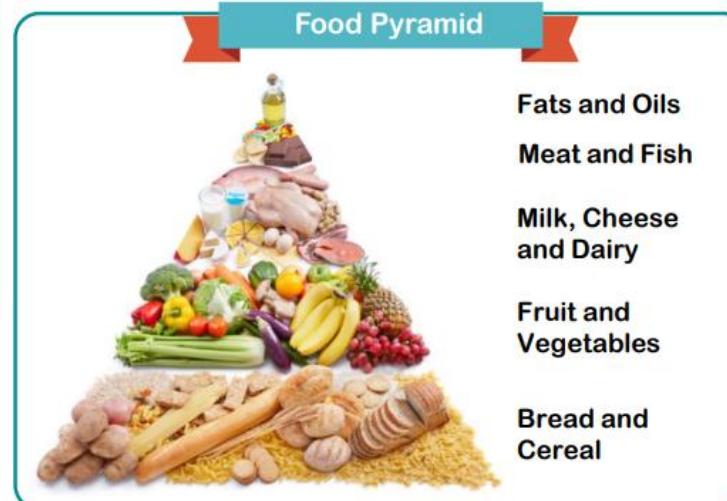
What do animals (including humans) need to survive?



Year 2
Autumn 2



Each serving (150g) contains				
Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
	13%	4%	7%	38%
				15%



Lesson 4 Describe what a healthy, balanced diet looks like.

Why do our bodies need a healthy balanced diet?

Creating a healthy plate of food which incorporates a balance of the 5 food groups (using observations and ideas to answer questions)

Fresh food, pre-cooked food, processed food, nutrients, balanced diet

Lesson 5 Investigate the impact of exercise on our bodies.

How does exercise impact our bodies?
Investigating the impact that exercise has on different parts of our bodies (using observations and ideas to answer questions, performing simple tests)

Strength, exercise, coordination, balance, flexibility

Lesson 6 Investigate hygiene.

Why do we need good hygiene to remain healthy?

Investigating the importance of a good hygiene routine (performing simple tests)

Bacteria, prevent, germs, virus, hygiene