

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?**

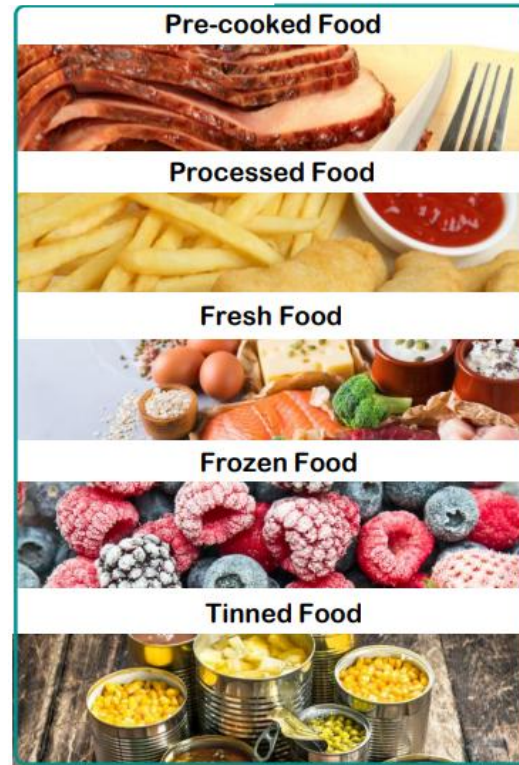
Sorting foods into the correct group on
the food pyramid (identifying and
classifying)

Carbohydrate, protein, dairy, calcium,
vitamins

**What do animals
(including humans)
need to survive?**

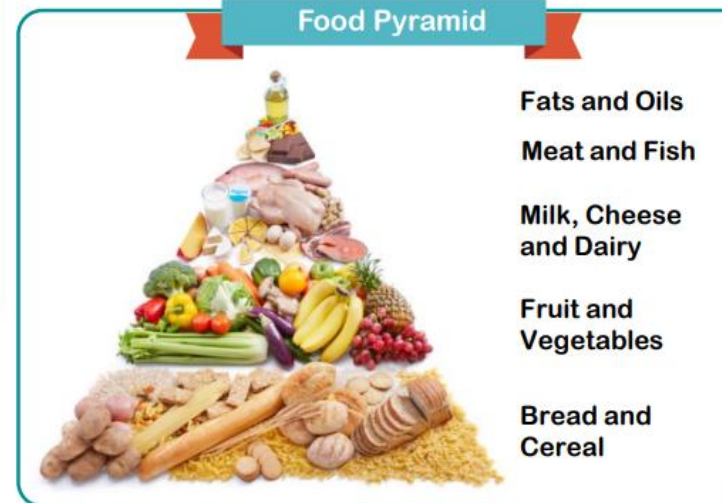


**Year 2
Autumn 2**



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	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