


Science - Y2 – Summer 2

Humans

What do we need to stay healthy?

To stay alive, all animals have three basic needs for survival:

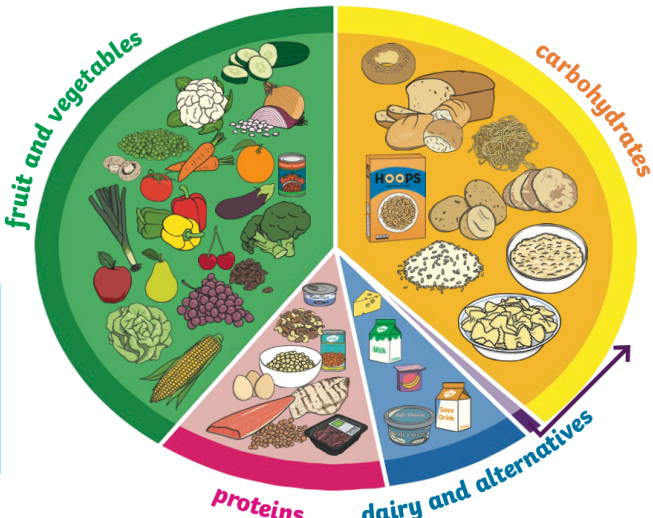
air                      water                      food



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.

**6-8 a day**  
Water, lower fat milk and sugar-free drinks.

**Eatwell Guide**



**fruit and vegetables**


**carbohydrates**  
Eat less often and in small amounts.

**oil and spreads**  
Choose unsaturated oils and use in small amounts.

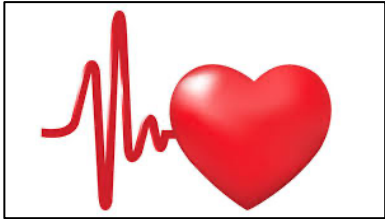
Key Vocabulary

<b>Diet</b>	The food and water that an animal needs.
<b>Exercise</b>	A physical activity to keep your body fit.
<b>Resting Heart Rate</b>	The number of times your heart beats per minute while you are at rest and not actively engaging in any physical activity.
<b>Germ</b>	Tiny living things that can cause disease.
<b>Hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>Nutrition</b>	Food needed to live.
<b>Offspring</b>	The child of an animal.

To stop germs from spreading, it is important to be **hygienic**.




Roots to grow, wings to fly:  
Growing, Flourishing, Soaring



Being active and **exercising** keeps our bodies and minds healthy.

