

Science Focus: Healthy living	Year Group: 2	Spring Term
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**Key Knowledge:**

**What does being healthy mean?**

Being **healthy** means caring for your body so that you have enough energy to learn, play and grow.

**How can we keep ourselves healthy?**

We can keep ourselves **healthy** in lots of ways:

- Exercising regularly,
- Eating **healthily**,
- Having a happy attitude,
- Having a **healthy** sleep schedule.

**Why is being healthy so important?**

It is important to keep ourselves **healthy** because we have one body and we need to look after it to live long, **healthy** and active lives.

**What are the different food groups?**

- Carbohydrates,
- Saturated fats,
- Unsaturated fats,
- Protein,
- Fibre,
- Vitamins,
- Minerals,
- Water.

**What is a healthy diet?**

**Healthy diet** means eating a variety of foods that give you the **nutrients** you need to maintain your health, feel good, and have **energy**.

**Possible Experiments/Activities:**

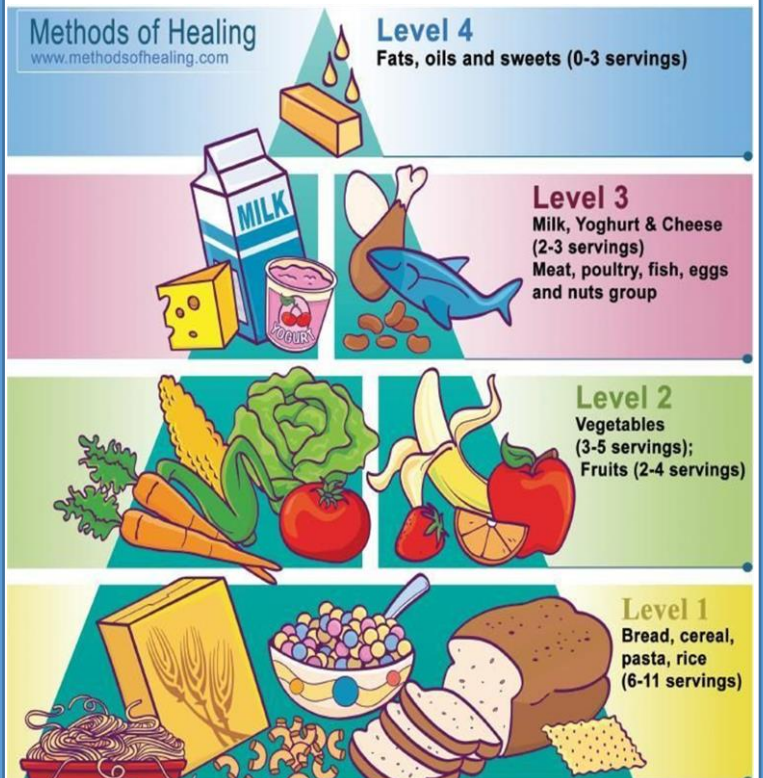
Identifying and classifying healthy and unhealthy foods from a selection in the classroom.

Making own healthy fruit kebabs after identifying healthy snacks.

**Key Vocabulary:**








<b>Healthy</b>	In good physical and mental condition.
<b>Nutrients</b>	Substances that animals, including humans, need to stay alive and healthy.
<b>Energy</b>	Strength to be able to move and grow.
<b>Saturated fats</b>	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
<b>Unsaturated fats</b>	Fats that give you energy, vitamins and minerals.
<b>Carbohydrates</b>	Types of food that provide energy, eg bread and pasta.

**Diagrams and Symbols:**



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**Key Knowledge:**

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

**How can we keep our minds healthy?**

*Mindfulness,  
 Meditation,  
 Yoga,  
 Talking about our feelings*

**Possible Experiments/Activities.**

Keeping a food diary and identifying foods from different food groups.

Taking part in new sports and activities from around the world.

**Key Vocabulary:**

<b>Protein</b>	Types of food that help growth and repair, eg fish and meat.
<b>Fibre</b>	Types of food that help you digest the food you have eaten, eg cereal and grains.
<b>Fats</b>	Types of food that provide energy, eg oil and nuts.
<b>Vitamins</b>	Types of food that keep you healthy, eg fruit and vegetables.
<b>Minerals</b>	As above.
<b>Water</b>	Moves nutrients around your body and helps to get rid of waste.
<b>Food Groups</b>	The name for the different food needed for a balanced diet.
<b>Diet</b>	The types of food you eat, for a healthy diet you need to have a balance from all of the food groups.
<b>Exercise</b>	Physical activity to improve health and fitness.

**Diagrams and Symbols:**

