

# Carr Head Primary School - Knowledge Organiser

Science

How we grow and stay healthy

Year 2

Autumn Term 2

## Key Knowledge

<b>Growth in animals</b>	Animals become older and change as time passes
<b>3 examples of animal growth</b>	Egg > chick > chicken Egg > caterpillar > pupa > butterfly Spawn > tadpole > frog
<b>Examples of Human growth</b>	Baby > toddler > child > teenager > adult

## Survival

<b>Things animals need to survive</b>	Water, air, food, shelter
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## Human Survival

<b>Things humans need to survive</b>	Water, Air, Food, Shelter
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<b>Things humans need to be healthy</b>	To have a balanced diet of the right amount of different types of food and drink. To exercise regularly. To be hygienic
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<b>What is a balanced diet?</b>	See the Eatwell Guide ( <a href="http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf">http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf</a> ) Drink 6-8 cups/glasses of fluids each day
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<b>What is regular exercise?</b>	Adults need to be active for at least 150 minutes each week. Children aged 5 to 16 need to be active for at least 60 minutes each day. Children under 5 need 3 hours of activity a day.
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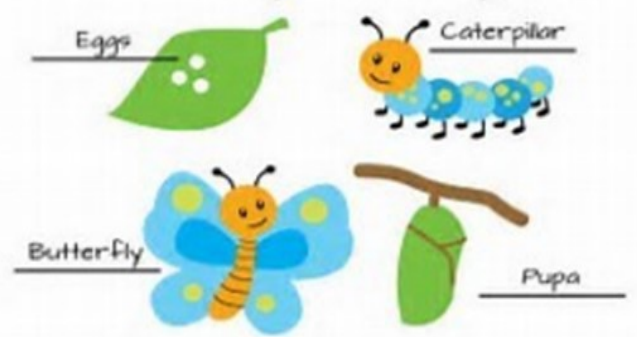
<b>What is good hygiene?</b>	To maintain daily personal hygiene, you should make sure: your hands are washed after you've used the toilet, your private parts are washed every day, your face is washed daily, you're fully bathed or showered at least twice a week, your teeth are brushed twice a day
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## Key Vocabulary

Offspring	A person or animal's child or children
Growth	The process of getting bigger
Pupa	An insect that is about to turn into an adult
Baby	A very young child
Toddler	A young child that is just beginning to walk
Child	A young person below the age of 13
Teenager	A person aged between 13 and 19
Adult	A grown up
Fluids	A liquid



## Butterfly Life Cycle



## Know how to...

<b>Working Scientifically</b>	<b>Observe</b> , through video and first hand observation and
	<b>Record</b> their findings using charts.
	<b>Ask questions</b> about what things humans need for survival and what humans need to stay healthy.
	Suggest ways to find answers to their questions.