Knowledge Organiser: Animals, including humans
1 - Growth

Careers connected to the human body: doctor, nurse, massage therapist, personal trainer, theatre technician



Lesson Sequence



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Daily Needs of a Human

a place to live | food | water | air | sleep

hygiene



exercise

Food Pyramid



Fats and Oils

Meat and Fish

Milk, Cheese and Dairy

Fruit and Vegetables

Bread and Cereal

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Knowledge Organiser: Animals, including humans 1 - Growth

Before and After Test



Draw or write examples of the different types of food.

Pre-cooked Food 	
Processed Food 	
Fresh Food 	
Frozen Food 	
Tinned Food 	

What fives things does a human need to survive?

_____	_____	_____	_____	_____



What can you do to keep yourself clean?

_____

_____

_____

Label the foods found in the layers of the food pyramid.



_____

_____

_____

_____

_____

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Unit Rocket Words: Year 2 – Living things and their habitats – around the world



Rocket Words

nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean

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