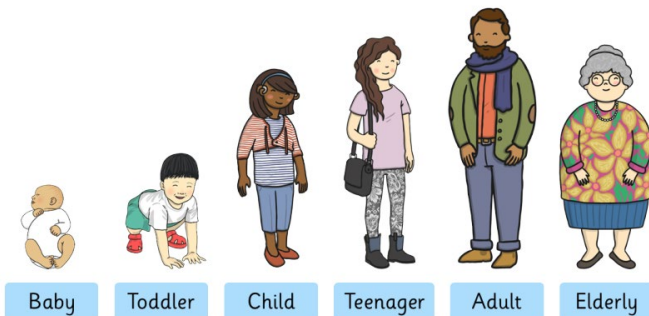
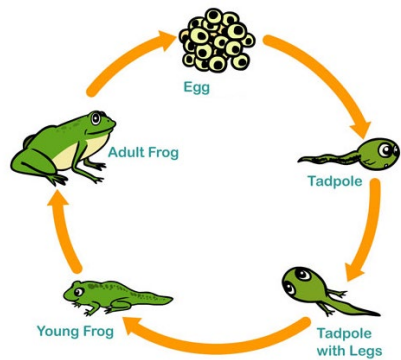


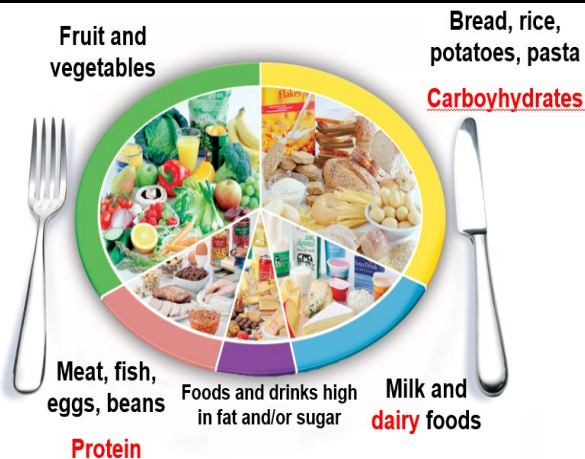
Human Life Stages



Life Cycle



Food Groups



Year 2 Knowledge Organiser

All About Me

Key Facts

Exercise, eating the right amounts of different types of food, and hygiene is important for human's health.

To stay alive, animals have three basic needs:



Animals, including humans, have offspring (babies) which grow into adults.

All animals need water, air and food to survive.

Exercise is important because it makes our heart stronger, strengthens our muscles, keeps us flexible and makes us feel good.

Did you know?

Your heart is a muscle! When you exercise you make it stronger so it gets better at pumping the blood all the way around your body.



Your lungs carry oxygen from the air you breathe into your blood. They also take away carbon dioxide, which you breathe out.



To stay hydrated, we should aim to drink between 6 and 8 glasses of water each day!



We should aim to eat 5 portions of fruit and vegetable a day.

Key Vocabulary

Reproduce	When new humans or animals are made.
Adult	A human or animal that is fully grown.
Baby	A very young human or animal.
Offspring	A person or animals' young.
Growth	Getting bigger.
Mammal	An animal that breathes air, has a backbone, and grows hair. All female mammals feed the offspring milk.
Bird	A bird lays eggs and has feathers and wings.
Reptile	A cold-blooded animal (a snake, lizard, turtle, and alligator) that breathes air and usually has skin covered with scales.
Amphibian	A cold-blooded animal (frogs and toads) that live in water when they are young but breathe air as adults.
Life cycle	The stages a living thing goes through in its life.
Exercise	An activity that works your body hard to keep you fit and healthy.
Nutrition	The food you need to keep healthy and grow.
Dehydrate	To lose water (dry out).
Diet	The food and water than an animal needs.
Disease	Illness or sickness.
Energy	The power needed to carry out a task.
Germ	Bugs that cause disease and illness.
Heart rate	The number of times a heart can beat in one minute.
Hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
Pulse	The beating of the heart that can be felt in your neck or wrist.