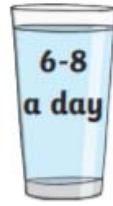


Did you know?

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



7 to 10 years



We have to be careful not to eat too much added sugar! A 7-10 year old should have no more than 6 cubes (24 grams) of sugar a day.

Year 2 Knowledge Organiser



Basic Needs

To stay alive, animals have three basic needs:



Key Vocabulary

| | |
|------------|--|
| 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. |
| Exercise | A physical activity to keep your body fit. |
| Germs | Bugs that cause disease and illness. |
| Heart rate | The number of times a heart beats in one minute. |
| Hygiene | How clean something is (to stay healthy and stop disease and illness spreading). |
| Nutrition | Food needed to live. |
| Pulse | The beating of the heart that can be felt in your neck or wrist. |

Food Groups

Food Groups

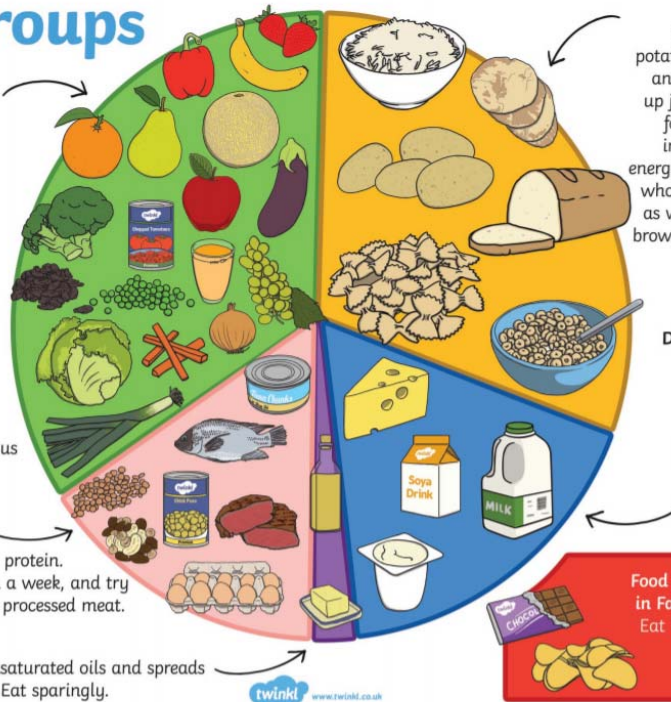
Fruit and Vegetables

These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

Proteins

Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.

Oil and Spreads Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.



Carbohydrates
Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

Dairy and Alternatives
These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.

Food and Drinks High in Fat and / or Sugar
Eat less often and in small amounts.

Food Sources

A food source is the place where a food comes from. Food comes from plants and animals.



Milk comes from a cow.

Chips come from potatoes.



Pork comes from pigs.

Chickens lay eggs.



Bread comes from wheat.

Tomato sauce is made from tomatoes.

To stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.

- We should aim to eat 5 portions of fruit and vegetable a day.
- To build strong bones and muscles, we should eat enough proteins and dairy.
- Try to avoid eating too many fatty or sugary foods. They can make you unhealthy and damage your teeth.

