



Year 2 Take Care Knowledge Organiser

Star Vocabulary

Carbohydrate	Foods like potatoes, bread, rice and pasta. Gives up energy and fills people up.
Protein	Proteins help our bodies grow. We can get protein from meat, fish, beans, and pulses.
Balanced Diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients.
Nutrients	The parts of our food that help our bodies to work properly.
exercise	An activity which requires physical effort such as running.
Organs	the brain, heart, kidneys, liver, and lungs.

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Germs Alert

Germs are tiny living things in the world around us. We can't see them but some of them can make us ill.

Washing helps to keep our body clean and to get rid of dirt and germs.

Germs can get onto and into our bodies from the air, from our clothes and from the thing we touch.

Germs can live under our fingernails. Keep them short and clean.

eatwell guide

Fruit and vegetables

Potatoes, bread, pasta and other carbohydrates

Foods high in fat, salt, sugar

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oil and spreads

A Balanced plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars

Exercise keeps our bodies including our organs healthy.

Progression

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Describe the life process of reproduction in some plants and animals. (Y5 -Living things and their habitats)

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird. (Y5 -Living things and their habitats)

Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function. (Y6 -Animals, including humans)