## 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.

Germs Alert

We can't see them but some of them can make us ill.

get rid of dirt and

from the air. from our clothes

and from

the thing

ve touch

Germs are tiny living things in the world around us.

XXXXX

Germs can

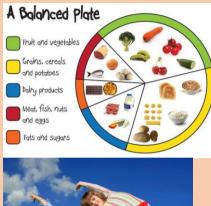
live under

our fingernails.

Keep them short and clean.

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.

## eatwell guide Potatoes, bre basta and othe Fruit and veneta Washing helps to keep Germs can get onto our body clean and to and into our bodies



Exercise keeps out bodies including our organs healthy.

## Progression

Describe the life process of Identify that animals, including humans, need Identify, name, draw and label the the right types and amount of nutrition, and reproduction in some plants and basic parts of the human body and say which part of the body is that they cannot make their own food; they get animals. (Y5 -Living things and associated with each sense. nutrition from what they eat. their habitats) Describe the differences in the Recognise the impact of diet, Describe the importance for life cycles of a mammal, an exercise, drugs and lifestyle on humans of exercise, eating the amphibian, an insect and a the way their bodies function. right amounts of different types bird. (Y5 -Living things and (Y6 -Animals, including humans) of food, and hygiene. their habitats)