

Key Facts

Food

The Eatwell Plate highlights the different types of food that make up our diet and shows the proportions that we should eat them in to have a well balanced and healthy diet.

It is important that children can name a range of foods from each food type and that they know we should eat a balance of these foods every day.

Exercise

Children should engage in physical activity every day. This should be a mix of moderate-intensity aerobic activity, such as fast walking, playing in the playground, skateboarding or riding a bike on level ground, and vigorous-intensity aerobic activity, such as running, energetic dancing, playing chase, playing football and riding a bike on hilly ground.

Hygiene

Hand washing is very important before eating and after a range of different activities throughout the day to prevent infection and the spread of disease. Hands should be washed using soap and warm water. Children should clean their teeth twice a day using a soft toothbrush with toothpaste. They should also visit the dentist at least once a year. Children should wash their whole body and brush their hair once a day. Children's hair should be washed once a week with shampoo. Washing it more often can dry out the hair.

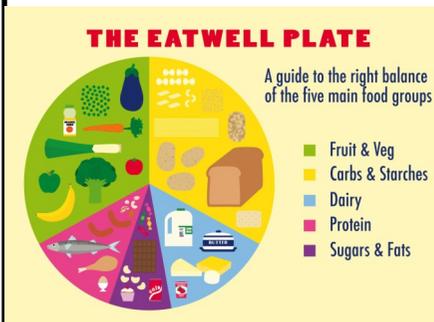


Science

Year 2

Autumn 1

Take Care



Vocabulary

Word	Definition
Aching	To hurt with a dull, constant pain.
Exercise	Activity done to keep the body or mind strong or to make them stronger.
Healthy Diet	Food believed to be good for one's health. Health food is grown without chemicals and contains no additional substances.
Heart Beat	A single complete pumping motion of a heart.
Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Muscles	Tissue in the body of animals and humans that moves parts of the body.
Physical Activity	The condition of being active or doing something.
Pulse	The regular beating of the arteries that is caused by the beating of the heart. The pulse can be felt in the wrist or neck.
Tired	Needing sleep or rest.

Common misconceptions:

- Some children believe that sweets are bad for you and that you should never eat them. Help the children to understand that they can eat sweets, but only occasionally. Children don't always recognise that there are different food types, just that they eat different things.
- It is important that children can give examples of food items belonging to each of the food types.
- They do not need to know what nutrition is gained from each type of food but they do need to know that they should eat a balance of the different types.

Knowledge and Understanding:

Children will learn:

- . The children begin to learn about different ways to keep themselves healthy.
- . They consider the importance of eating a range of different types of food.
- . Children start to learn about the importance of exercise and hygiene.

Key skills and concepts:

Children will be able to:

- . **Identifying and classifying** food, using tables, and Venn and Carroll diagrams.
- . They also **make observations** and **collect data** while carrying out exercises, and use their observations and ideas to suggest answers to questions.
- . To **present research** in different ways such as using pictures, posters or non-fiction books, diagrams
- .



Key Questions

- . How can we sort food?
- . What food should we eat?
- . How can we stay fit?
- . How can we stay clean?
- . How can we stay healthy?