

**Science Medium Term Plan**  
**Year 2 Autumn Term 2**

## **Why is it important to keep our bodies healthy?**

**What do we mean by a balanced diet and why is it important for humans?**

**Why is exercise important for humans?**

**Who is the fittest in our class? (investigation)**

**Why is good hygiene important for humans? (investigation)**

**What are the main stages of growth from babies to adulthood in humans and animals?**

### **Substantive Knowledge**

- Know what food groups are in a balanced diet – fruits/vegetables, proteins, carbohydrates, fats, dairy and alternatives
- Know that having 5 fruits and vegetables a day is important
- Know that exercise and a balanced diet are important for humans to be healthy
- Know the importance of eating the right amount of different foods
- Know why having good hygiene is important for humans – to stop germs making us ill
- The basic needs of animals including food and water
- Know that humans grow into adults by the process – baby, toddler, child, teenager, adult.

- Know the basic stages in a life cycle for animals including- egg, chick, chicken /egg caterpillar, pupa, butterfly/frogspawn, tadpole, frog

### Disciplinary Knowledge

### Working Scientifically

#### Investigation

- Set up an investigation to find out who is the fittest in the class
- Set up an investigation to find out the effects of soap

#### Grouping and Classifying

- Identify the offspring of different animals

### Resources and websites:

### Vocabulary:

(including definitions)

#### Proteins

A food group including meats, fish, eggs seeds and nuts.

#### Carbohydrates

A food group including potatoes, rice, bread and cereals.

	<b>Off-spring</b>	A human or animal's babies.
	<b>Fats</b>	Oily substance found in foods such as meat and butter and cheese- give us short bursts of energy and keeps us warm.
	<b>Nutrition</b>	The process where the body transforms foods into energy.
	<b>Nutrients</b>	The different things in your food which help you to grow and stay healthy.
	<b>hygiene</b>	Taking care of our body by being clean.
<b>Prior Knowledge:</b>		
Reception <ul style="list-style-type: none"> <li>• Daily fruit snack</li> <li>• Water in bottles</li> <li>• Making healthy food – porridge with healthy toppings</li> </ul>		

#### Year 1 (PSHE)

- Brushing teeth
- Introduction to balanced diet and food groups
- Making a healthy sandwich in DT
- Introduction to the importance of exercise and the affect on our bodies