Year 2, Spring 2, Science

Keeping Healthy

What do I already know?

Early Years

- ❑ I know some ways to look after my health (e.g. healthy choices, five a day, water)

Year 1

- ❑ I can talk about a healthy diet
- ❑ I can design a healthy lunch, thinking about food choices

Food sources of nutrients

carbohydrates

protein

dairy

fats and oils

Key facts: General Knowledge

How many food groups are there?	1. Fruit and vegetables 2. Carbohydrates 3. Proteins 4. Dairy 5. Fats and oils
How many portions of fruit and vegetables should I eat per day?	80 grams of fresh, canned or frozen fruit and vegetables counts as 1 towards your 5 a day. Don't forget 6-8 glasses of water too!
What is the average heart rate for a child per minute?	The average heart rate for a school age child is between 70-120 beats per minute at rest.
How much physical activity should a child do to keep healthy?	The NHS suggests children aim to complete an average of 60 minutes a day. These activities should make you breathe faster and feel warmer.
What are some of the services in the NHS to keep us healthy?	The NHS helps keep us healthy through GP's, hospitals, dentists, opticians, pharmacies and many more.

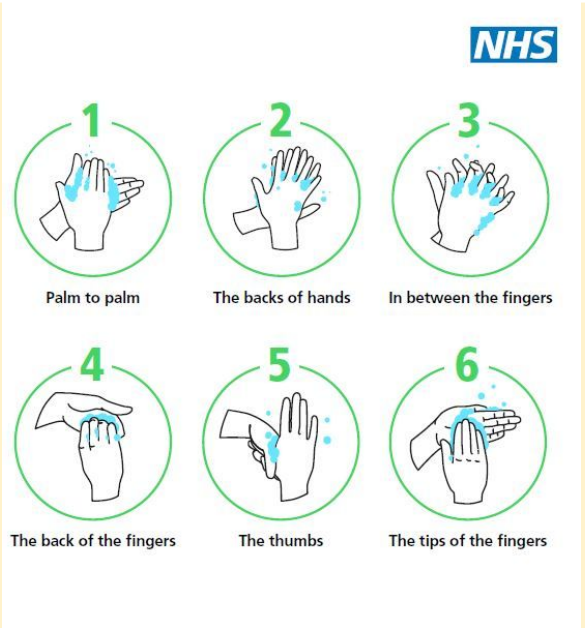
Key Vocabulary

balanced diet	A diet with a variety of different food providing nutrients for good health
carbohydrate	A source of energy found in sugar, starch and fibre.
diet	Food which is usually eaten by a person
energy	The strength and ability to do a task
exercise	A physical activity which improves health
heart rate	The number of heart beats per minute
hygiene	Actions to promote good health
malnutrition	A condition where a person's diet does not have enough nutrients
medicine	A treatment for illness or injury
muscle	Tissues and fibres in the body to help with movement and actions
nutrition	A process of eating food for health and growth
protein	Found in foods which help with growth and development
skeleton	A rigid, supporting structure of bones
vitamins	Found in foods which help with function, growth and development

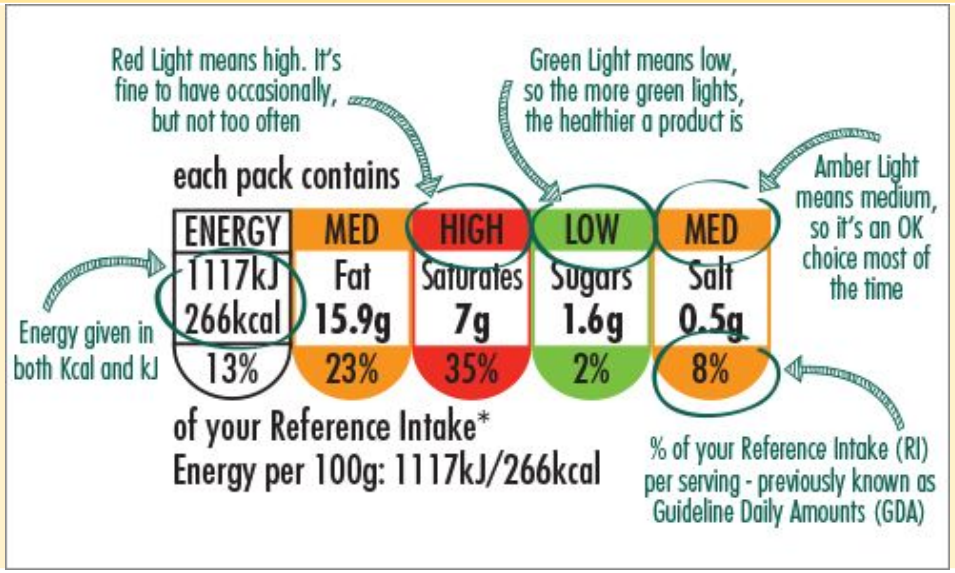
Diagrams/Symbols

The Eatwell Guide

NHS Handwashing technique



Understanding a food label



The National Health Service

NHS