



Science Topic: Animals, including Humans

Year 2

Terms 1 / 2

Key Knowledge	
•	To know that humans and other animals have children which grow into adults.
•	To recognise a variety of animal life cycles.
•	To know that humans and animals need water, food and air (oxygen) to live.
•	To know that humans need to exercise, eat the right amounts of different foods and have good hygiene to be healthy.
•	To recognise the basic food groups.
•	To identify foods which belong to each food group.
•	To understand the proportions of a balanced diet.
•	To understand the need for activity and exercise in daily life.
•	To identify what counts as exercise and activity.
•	To identify ways in which people can be hygienic.
•	To understand the role of doctors and know when it is appropriate to visit a doctor.
•	To identify healthy and unhealthy foods.
•	To recognise the outcomes of an unhealthy lifestyle and suggest healthier alternatives.
•	To understand that owners have a responsibility to provide for the needs of their pet.
•	To recognise examples of reproduction in animals other than humans.

Key Vocabulary	
Life-cycle	All animals start off as babies and grow into adults. Adults can then have their own off-spring (babies). These babies grow into adults, who have their own babies.
Basic Needs	All animals need food, water and air (oxygen), or they will die.
Shelter	Most animals also need shelter – somewhere safe to go.
Company	Many animals live in groups and are happiest when there are others animals around.
Balanced Diet	A good balance of different foods.
Vitamins	Found in fruit and vegetables, keep you healthy.
Carbohydrates	Bread, potato, pasta, rice and cereal – provides energy.
Fat and Sugar	Sweets, chocolate and cakes contain a lot of fat and sugar, try not to eat too many.
Calcium	Milk, cheese and yoghurt are dairy products. They give you calcium for strong bones.
Protein	Meat, fish, eggs, beans and nuts contain protein. Protein helps your body repair itself.
Exercise	Means being active, it makes you out of breath! Exercise helps you keep fit and healthy.
Hygiene	Keeping clean to stop germs spreading.
Energy	The power needed to carry out a task.
Germs	Bugs that cause disease or sickness.
Nutrition	Food needed to live.
Pulse	The beating of the heart that can be felt in your neck and wrist.
Dehydrate	To lose water – dry out.