

Year 2 Knowledge Organiser - Animals including Humans



All living things have basic needs.
#theJSway They all need air, water, food and shelter to survive



Key vocabulary

basic needs – the important things that animals need to survive (air, water and food)

diet – the food that an animal eats
carnivore – an animal that eats other animals

herbivore – an animal that eats plants
omnivore – an animal that eats both animals and plants

exercise – physical activity that makes the body strong and healthy

physical health – how well a person's body is working

mental health – how a person is feeling inside their mind

healthy diet – a diet that includes fruit, vegetables and other healthy food

unhealthy diet – a diet that is high in fat, sugar or salt

hygiene – keeping yourself and your surroundings clean

survive – to stay alive

disease – when something goes wrong with the body to make you unwell

germs – living things that are too small to be seen by the human eye

plaque – a sticky coating made by germs that can harm the teeth and gums

Why is a healthy diet important?

- A healthy diet includes fruit, vegetables and other healthy food.
- An unhealthy diet is a diet that is high in fat, sugar or salt.
- It is important to eat the right amounts of different types of food.

How can we look after ourselves?

We can exercise regularly, eat a healthy diet and make sure we have good hygiene.



Why is exercise important?

- Exercise improves physical health.
- Exercise improves mental health.
- Exercising daily makes your heart stronger.



Why is hygiene important?

- Germs can make you unwell.
- Germs are spread easily by unwashed hands.
- You should wash your hands, sneeze into a tissue and have regular baths or showers.

