

Year 2 – Animals, including Humans

Language for Learning

Through the activities in this topic, pupils should **understand and use key scientific words precisely** - spelling these words correctly. This includes - words with precise scientific meanings (e.g. weight and mass), words with different meanings in scientific and everyday contexts (e.g. drag) and words relating to scientific enquiry (e.g. variable).

Key Scientific Words

Key Word	Definition (Meaning)
Basic Needs	The basic things animals, including humans need for survival
Air	The gas (mixture of gases) that we breathe. Our bodies use the oxygen from the air
Water	The clear liquid that we drink
Food	The substances that we eat
Diet	The range of foods that a person regularly eats
Exercise	Physical activity that helps to keep us healthy
Hygiene	Keeping healthy by keeping ourselves clean
Offspring	The young of an adult animal
Grow	To increase in size and develop
Heart rate	The number of times your heart beats in one minute

Key Concepts

Basic needs are all of the things that a living thing needs to **survive**

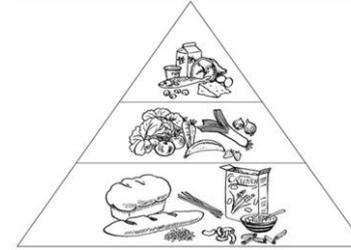
The basic needs of animals, including humans are - **air to breathe, water to drink and food to eat.**

Your **diet** is the range of food that you regularly eat.

It is important to eat the **right amounts** of **different types of food.**

A **food pyramid** shows the types and groups of foods that people should eat everyday to stay healthy.

A **simple** food pyramid is shown below.



People should eat food from each part of the food triangle **every day. In general** - people should aim to eat more from the **lower parts** of the triangle.

It is important that humans **exercise**. Exercising helps humans to stay **healthy**. For example, by keeping our muscles and bones strong.

It is also important that humans take care of their **hygiene**. Hygiene means staying healthy by **keeping ourselves clean**. Looking after our hygiene includes - **washing our hands** (especially after visiting the toilet), **brushing our teeth** and **washing regularly**.

Offspring are the young of an adult animal. Animals, including humans have offspring which **grow, over time**, into adults. The offspring of some adult animals are shown below:

