



Endpoints for Science

Year 2 – Healthy Humans



In this topic, we will learn about the basic needs of humans in order for them to survive. This includes exercise, nutrition and good hygiene.

What I know and can explain

Humans are living things, and they belong to an animal group called mammals

There are six stages of human life after birth: baby, toddler, child, teenager, adult and elderly person

Humans need water, food, air and shelter to survive

A healthy lifestyle includes exercise, a balanced diet, good quality sleep and personal hygiene

Regular exercise keeps our heart and lungs healthy and our bones and muscles strong

Exercise makes the heart beat faster, speeds breathing and can improve mood

Useful Vocabulary

Aerobic exercise - An exercise that makes your heart beat more quickly and strengthens the heart and lungs

Balanced diet - A diet that includes a mixture of foods from the five main food groups

Carbohydrates - A food group containing nutrients that gives the body energy, such as wheat and potatoes

Food group - A group of foods that provide the same nutrients for the body. They include fruit and vegetables, carbohydrates, proteins, dairy and alternatives, and oils and spreads

Hydrate - To drink water

Hygiene - Cleaning actions that help humans to stay healthy and prevent illnesses

Life Cycle – the different stages of life that a living thing goes through, from being born to dying

Nutrient - A substance that animals, including humans, need to grow well and stay healthy

Nutrition - The process of eating food and absorbing its nutrients