



Endpoints for Science

Year 2 – Human Survival



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 grow from baby to toddler to child to teenager to adult to elderly.

Humans need water, food, air and shelter to survive

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

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Risks associated with an unhealthy lifestyle include illness, obesity, tooth decay and mental health problems

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