



## Knowledge Organiser for Year 1/2 Science – Keeping Healthy

### Key Tier 3 Vocabulary

healthy	Healthy means having a healthy body and mind.
hydrated	Making sure you have enough water.
germ	A tiny living thing, so small you cannot see it. They get into your body and make you ill.
heart	The heart is a muscle inside the chest. It pumps blood around the body.
hygiene	Hygiene means keeping yourself clean and healthy.
carbohydrates	Carbohydrates give us energy.
proteins	Proteins help us grow and keep us strong.
investigation	It is being curious and asking questions.
exercise	Exercise improves physical health (how well the body works) and mental health (how a person is feeling in their mind).

What do you need to do to stay healthy?



We need to exercise.



We need to have 6 to 8 drinks a day to stay hydrated. Milk and water are healthy drinks.

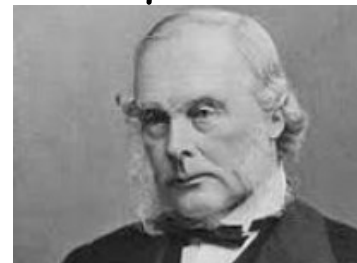


Wash hands and stay clean.



We need to eat at a balanced diet.

### Famous Scientist: Joseph Lister




What happens to your body when you exercise and why is it good for you?



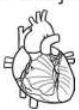
  
Your cheeks might turn red

  
You may sweat.

  
Your body may feel warmer.

  
Your breathing may become harder and faster.

  
You may need a drink.

  
Your heart will beat faster.

How does our diet keep us healthy?

Our food gives us energy and helps us grow strong. A healthy diet contains the right amount of different types of food.



We do not need food that is high in fat, salt or sugar.

Our diet should include proteins, carbohydrates, fruit and vegetables.

EYFS: Looking After Ourselves

Year 3: The Human Body - Cells, Systems and Health