

Knowledge Organiser

Year: 2 Term: Autumn 1 Topic: Animals including humans Biology

Big Question: How do humans grow and keep healthy?

Vocabulary	Meaning
offspring	the name given to animal babies
life cycle	the stages living things go through as they grow from birth to death
heart	an important part of the body which pumps blood.
lungs	for breathing and helping the body pass oxygen into the blood
muscles	help the body with movement and strength
exercise	something which requires physical effort and improves lung and heart power.
hygiene	the things we do to keep ourselves clean and healthy
diet	the kinds of foods we regularly eat
filter	helps remove unwanted materials

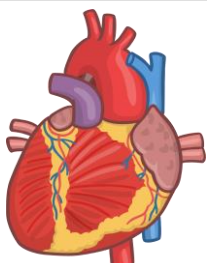
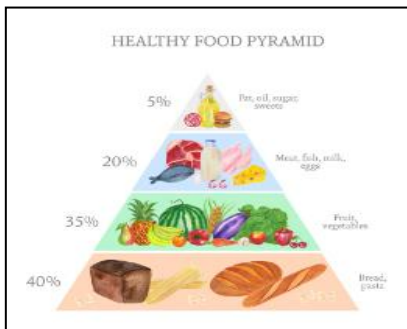
3 basic needs for survival

Air (can survive for only 3 minutes without it)

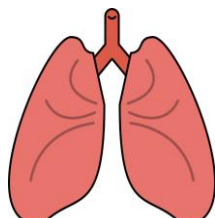
Water (can survive 3 days without it)

Food (can survive 3 weeks without it)

Here is the food pyramid. which shows the types of food we need to eat.



Exercise makes your heart pump faster and it makes it stronger.

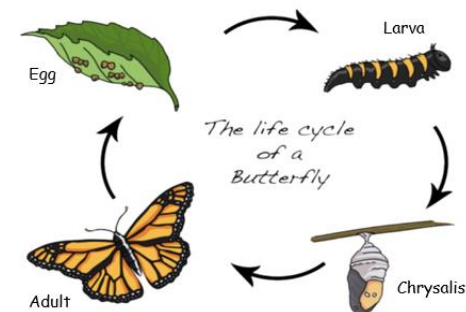


Exercise makes your lungs work harder and it makes them stronger.



Stages of human life cycle

baby – toddler – child – teenager – adult – elderly



Some babies do not look like their adult when born.



Different forms of exercise



People need to drink clean water to stay alive and healthy. Water can be filtered to clean it.



Florence Nightingale was a nurse who knew the importance of hand washing and other hygiene practices in British army hospitals during the Crimean War (1853-1856). Her work changed how hospitals were run.

Keeping clean and washing hands is very important to stop germs spreading.