

YEAR 2

Food Groups, Healthy Eating/Lifestyle

Exercise, diet
and **hygiene**
lead to a
healthy
lifestyle.

CCCCC
Sticky
Knowledge

Exercise is
physical activity
that makes the
heart beat
faster.

Nutrients are
substances
found in food.

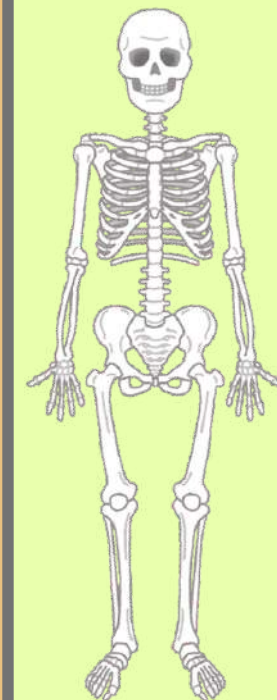
There are 5 main
food groups:

 carbohydrate
fruit 
 vegetables
protein 
 dairy
fats/oils 

Exercise helps
bones and **muscles**
grow stronger,
improves focus and
supports mental
wellbeing.

Hygiene is learnt
habits including:

 washing hands
brushing teeth 
washing 
covering 
coughs/sneezes



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Key Vocabulary

A **scientist** is a person who studies how the world works. They make careful observations, ask big questions, and do lots of research to find answers.

exercise	An activity done to keep the body or mind strong or to make them stronger.
diet	The food and drink usually eaten and drunk by a person or animal.
nutrition	The act or process of eating and using the nutrients in food for living and growing.
nutrients	Something in food that helps people, animals, and plants live and grow.
hygiene	The practice of keeping clean to stay healthy and prevent disease.
germs	Tiny living things that can make people, animals, or plants sick. They are so small you need a microscope to see them.
proteins	Foods that provide essential nutrients for building and maintaining muscles, bones, and other body tissues, such as meat, poultry, seafood, eggs, beans, nuts, seeds, and soy products.
carbohydrate	A variety of foods such as grains, fruits, vegetables, legumes, and dairy products, which are essential for providing energy and nutrients to the body.
dairy	Consists of milk and milk-based products that provide essential nutrients like calcium, protein, and vitamin D, crucial for bone health and overall nutrition.



We are scientists and can work

scientifically by:

- Observing closely using scientific equipment.
- Performing **fair** tests.
- Identifying and classifying.
- Gathering and recording data in different ways.
- Asking and answering questions.