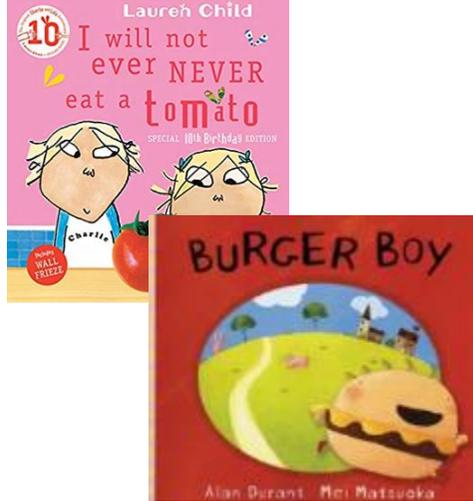


YEAR 2: HEALTHY LIVING KNOWLEDGE MAT

Subject Specific Vocabulary	
Adult	A person that is fully grown.
Baby	A very young human or animal.
Balanced diet	Eating the right amounts of different types of food.
Carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.
Dairy food	Milk or a food that is made from milk, for example cheese.
Exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.
Fats	Fats are found in meat and other animal products, such as butter and cheese.
Germs	Tiny living things that can make you ill.
Hygiene	Taking care of our body by being clean and making sure we don't smell.
Nutrients	A substance that provides nourishment for growth and energy.
Teenager	A human aged between 13 and 19 years old.
Toddler	A young person that is learning to walk.
Vitamins	Things you need to eat to stay healthy, they are found in fruit and vegetables.

Interesting Books	Sticky Knowledge
	<ol style="list-style-type: none"> 1 All animals and humans grow from babies into adults. 2 There are different stages of human growth: baby, toddler, child, teenager, adult. 3 Keeping healthy means caring for your body so you have enough energy to learn, play and grow. 4 All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. 5 Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients. 6 It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease. 7 Keep your mouth healthy by brushing and flossing to have clean teeth and gums. 8 It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.
Important facts to know by the end of the healthy living topic: <ol style="list-style-type: none"> 1 I can explain the basic stages in a life cycle for animals, including humans. 2 I can describe what animals and humans need to survive. 3 I can describe why exercise; a balanced diet and good hygiene are important for humans. 	