

Lever House Primary School



Theme: Healthy Humans

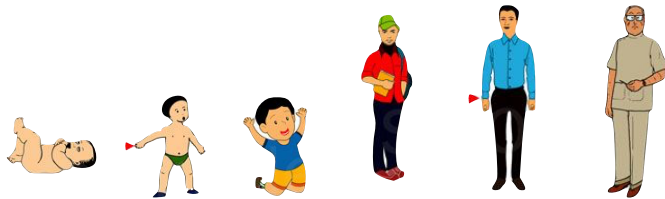
Subject: Science

Strand: How we grow and stay healthy

Classes : KS1

What I should already know:

- The different body parts on a face.
- I need to eat fruit and vegetables to stay healthy.
- I need to exercise to keep healthy.



baby toddler child teenager adult elderly

What I will be able to answer (Learning Questions):

- How do our bodies change as we get older?
- What do humans need to survive?
- Why is exercise so important and what does it do to our bodies?
- What is a balanced diet?
- Is all cereal healthy?
- Why is it important to be hygienic?

Sticky Knowledge:

Humans have babies which grow and change into adults. They grow from baby, to toddler, child, teenager, adult and elderly.

Humans need water, air and food to survive.

Exercise raises your heart rate, strengthens the body and muscles, helps the brain to grow and improves sleep.

A balanced diet has carbohydrates, proteins, fruit and vegetables and some fats/sugars.

Some cereals are healthy and give us lots of energy. Some cereals are better to have as a treat because they have more sugar in them.

Being hygienic, by washing clothes and bodies, keeps us healthy.

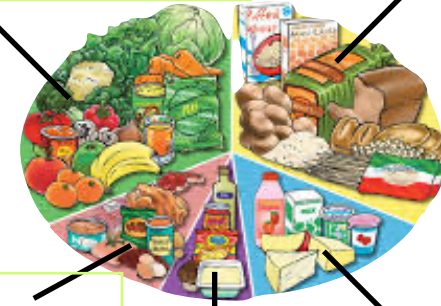
Useful Links:

The Eatwell Plate <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

What are the parts of the body? <https://www.bbc.co.uk/bitesize/topics/z9yyzdm>

Fruit & Vegetables

Carbohydrates



Protein

Fats

Dairy

Key vocabulary

Balanced diet: a diet that provides all the nutrients needed by your body.

Carbohydrates: a type of food that gives us energy.

Hygiene: caring for our bodies.

Protein: a type of food that helps your body to grow and repair itself

