

Pye Bank CE Primary DSAT Knowledge Organiser

YEAR 2

BIOLOGY: How do we stay healthy?

SCIENCE

KEY VOCABULARY



Diet: the kinds of food that a person, animal, or community habitually eats.



Hygiene: conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.



Obesity: a medical condition where a person is extremely overweight, putting their health is at risk.



Nutrition: the process of taking in and digesting food for nourishment.



Pulse: a rhythmical throbbing of the arteries as blood is propelled through them, typically as felt in the wrists or neck.



Respiration: the chemical reaction that takes place in all living cells to release energy from glucose.

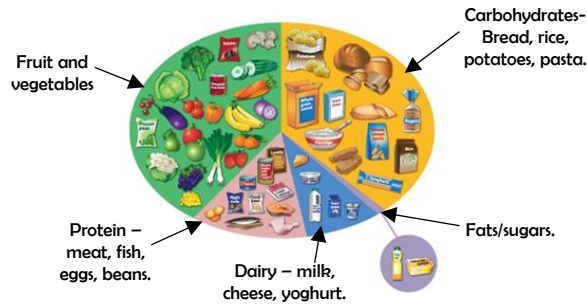
Aerobic respiration is the process by which energy is released in cells from food and oxygen. Respiration can also take place without oxygen. This is called anaerobic respiration.

KEY CONCEPT

Some foods are **healthy** and some foods are **unhealthy**. We need a **balanced diet** to keep us healthy.

There are different types of food that we eat.

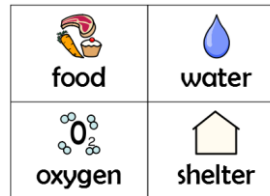
- Fruits
- Vegetables
- Proteins
- Fats/sugars
- Carbohydrates.



The NHS eatwell plate shows the balance of the different types of foods that we should eat.

STICKY KNOWLEDGE

1. The basic needs of all humans and other animals are food, water, oxygen and shelter.
2. We need to eat a balanced diet to help us to stay healthy.
3. We need to have good personal hygiene to keep ourselves healthy.



KEY CONCEPT

When you are exercising, your muscles work harder and therefore need more energy. Energy is made during the process of respiration.

Your heart starts pumping faster, which makes you have a quicker pulse. At the same time your lungs are also taking in more air which makes you breathe harder.

Exercise is important because it:

- Makes our muscles strong
- Keeps us fit
- Keeps our heart and lungs healthy
- Releases hormones – endorphins that make you feel good.



KEY CONCEPT

Personal hygiene is how you care for your body.

This includes things such as:

- Bathing
- Washing your hands
- Brushing your teeth and more.



Every day, you come into contact with millions of outside germs and viruses. They can stay on your body, and in some cases can make you sick.