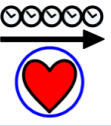











Year 1 and 2 Knowledge Organiser Science – Animals including Humans

Key Vocabulary

survive		You continue to live.
energy		The strength to be able to do things.
healthy		Someone who is well and is not ill or poorly
oxygen		A colourless gas in the air. Humans breathe it in to survive.
energetic		When you are full of energy and do not tire easily.
hygiene		Keeping yourself and everything around you clean.
pupa		An insect in the stage of its life before it has become an adult.
muscles		Muscles are inside your body. They are connected to the bone and help you to move.
bones		Bones are inside your body. They make up your skeleton.
heartbeat		The movement of your heart as it pumps blood around your body.

What a human needs to survive and stay healthy:

Food and water	All animals, including humans, need food and water to survive. Food gives animals energy to move and grow, while water keeps their bodies healthy and helps them stay alive.
Air	All animals, including humans, need air to survive. Air has something called oxygen, which helps our bodies work properly. Without air, we wouldn't be able to breathe, and our bodies couldn't survive.
Exercise	Exercise is any movement that helps our bodies stay strong and healthy. When we exercise, our hearts beat faster, and we feel more energetic. Exercise also helps our muscles, bones, and minds stay strong.
Good hygiene	Good hygiene is important to keep us clean and healthy. Humans should brush their teeth twice a day, wash their hands regularly and clean their body in the shower. Rooms should be kept tidy and cleaned often to stop the spread of germs.

Key facts:

Food groups	There are five food groups: <ul style="list-style-type: none"> • Fruits and vegetables – carrots, tomatoes and strawberries etc • Carbohydrates – bread, rice and pasta • Proteins – meat, fish and lentils etc • Dairy – milk, yoghurt, cheese etc • Fats – oils, butter, nuts etc A human needs to eat a variety of each food group in order to stay healthy.
Offspring	Animals including humans have offspring. A human's offspring is called a baby. A chicken's offspring is called a chick. A cat's offspring is called a kitten.
Growing	All offspring will eventually grow to be an adult. There are different stages at which they grow at: baby > toddler > child > teenager > adult > elderly Egg > caterpillar > pupa > butterfly