






# Keeping Healthy



Year 2 Science – Autumn 1

I need to remember.....	Subject Specific Vocabulary			
<ul style="list-style-type: none"> <li>• Healthy living is making good choices about what we eat and how much we exercise.</li> <li>• There are 5 food groups – carbohydrate, protein, fruit and vegetables, fats and sugars, and dairy.</li> <li>• A balanced diet is eating lots of the first three groups and less of the more unhealthy ones – fats, sugars and dairy.</li> <li>• We need to exercise for at least one hour each day to help keep our bodies and minds healthy.</li> <li>• Food is grown by farmers. They look after crops, animals and orchards to produce the food we need.</li> <li>• We need good hygiene to keep us healthy – brushing our teeth and washing our hands. We need 8 hours sleep every night.</li> <li>• Medicines can make us better if we are poorly but they can be dangerous if not taken properly.</li> </ul> <p data-bbox="424 998 961 1068"><b>We visited Road Farm, Great Missenden to support our understanding of this topic.</b></p> 		<p>Carbohydrate</p>	<p>Bread, pasta, rice, potatoes, beans</p>	
		<p>Protein</p>	<p>Meat, fish, eggs, nuts, lentils</p>	
		<p>Fruit and vegetables</p>	<p>Fresh fruit such as apples, bananas, oranges, and vegetables such as peas, carrots and sweetcorn</p>	
		<p>Dairy</p>	<p>Milk, yoghurt, cheese</p>	
		<p>Fats and sugars</p>	<p>Chips, cake, sweets, crisps, biscuits, fast food</p>	
	<p>Medicine Only a trusted adult should give you Calpol, Nurofen or medicine from a doctor.</p>		<p>Exercise</p>	<p>Walk to school, scooter, ride a bike, go for a walk, learn to swim, play a sport e.g. football</p>