



Humans

Year 2

Knowing More, Remembering More

Remembering previous learning

What are the main human body parts? Most bodies have a head, neck, arms, elbows, hands, legs, knees, face, feet, face, ears, eyes, nose, hair, mouth and teeth.

What are the five senses? Sight, hearing, taste, touch, smell.

What do we know about seeing? Humans use their eyes to see. You can see when there is light. You cannot see in the dark. Some people cannot see.

What do we know about hearing? Humans use their ears to hear sounds. When sounds are quiet, they can be harder to hear. When sounds are loud, they are easier to hear.

What do we know about taste? The tongue helps humans to taste. The tongue is in the mouth. There are five basic tastes - sweet, salty, sour, bitter and savoury.

What do we know about touch? The skin is the part of the body that helps us to sense touch. Skin covers the whole body. We can sense touch using different parts of the body.

What do we know about smell? The nose helps us to sense smell. The nose is on the face. Some objects have a stronger smell than others.

Are humans mammals? Yes.

What do humans need to survive? Air, water, food and shelter.

In this unit children will:

- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Working Scientifically:

- 2.6 Observe closely, using simple equipment.
- 2.8 Gather and record data to help in answering questions.
- 2.9 Identifying and classifying.

Key Vocabulary:

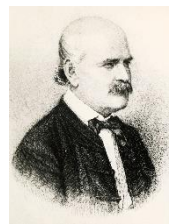
- heart
- exercise
- physical health
- mental health
- healthy diet
- unhealthy diet
- meat
- vegetables
- fruit
- sugar
- germs
- hygiene
- disease
- doctor
- teeth
- plaque
- filling

Key Scientists:

Classic

Ignaz Semmelweis (1818- 1865)

Hungarian doctor who noticed how washing hands stopped germs from spreading.



Key Learning Steps:

1. Exercise
2. Food
3. Hygiene
4. Teeth

Knowing More, Remembering More

Knowing more in Y2

Why is exercise important? Exercise improves physical health, mental health and makes your heart stronger.

What is a healthy diet? A healthy diet includes fruit, vegetables and other healthy food.

What is an unhealthy diet? An unhealthy diet is high in fat, sugar or salt.

How many portions of fruit and vegetables should you eat in a day? Everyone should have at least 5 portions of a variety of fruit and vegetables every day.

What are germs? Germs are living things that are too small to be seen by the human eye that make you unwell.

How do germs spread? They spread easily by unwashed hands.

How can you stop germs spreading? You should wash your hands, sneeze into a tissue and have regular baths or showers.

How often should you brush your teeth? Twice a day with a toothbrush, toothpaste and water.

Why is it important to brush your teeth? If you don't, plaque can build up on your teeth and can damage your teeth and gums.