

Water



Animals need to drink water. It helps to get energy from food in the body and for removing any waste that the body doesn't need.

Healthy Living - Year 2 Term 1

What did we learn about healthy living in Year 1?

- Being healthy means being in good physical and mental condition.
- Doctors and nurses help to take care of us when we are poorly.
- A dentist helps us to take care of our teeth.
- Medicine helps to prevent, cure or relieve an illness.
- Hygiene is about keeping ourselves clean, including our body, teeth and hair.
- Germs are tiny invaders that can make us feel sick if they enter our bodies.



Science

Oxygen

Animals need to breathe oxygen which is a gas in the air around us. It helps animals get energy from the food they have eaten.

Food

Animals including humans need to eat food to give them energy in order to survive. It is important that humans eat a balanced diet.



Why is it important to eat the right amounts of food?

A healthy diet consists of a combination of **fats, protein, dairy, carbohydrates, fruit and vegetables**. Humans need a balance of all of the food groups to stay healthy because different types of food give animals different nutrients and vitamins.



How can we keep ourselves hygienic?

Washing our bodies, washing our hair and brushing our teeth are all ways to be hygienic. Washing our hands regularly helps too.

How does exercise affect our bodies?

Exercise helps keep our body fit and healthy which means it works better. Exercising helps to improve our strength and our stamina.



Vocabulary

Nutrition - what's inside your food (sugar, fat, protein, vitamins etc.)

Balanced diet - a diet that has a variety of different food groups.

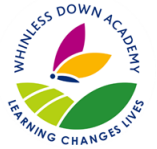
Vitamins - nutrients that help animals grow and be healthy.

Classify - grouping things based on different criteria (for example, healthy and unhealthy).

Investigate - finding out an answer to a scientific question.

Observe - watching carefully to see what happens to something you are investigating.

Healthy Living - Year 2 Term 1



What did we learn in History in Year 1?

- The Gunpowder Plot was planned by Guy Fawkes to blow up the Houses of Parliament. This happened a long time ago and no-one is alive to remember it now.
- Things change over time. Houses now are different to houses in the past. Seaside holidays were also different but some things were the same like fairground rides.
- Some people in history have a big impact on our lives today. Lionel Lukin invented the lifeboat, something that continues to help save lives today.

History

How have conditions in hospitals changed over time?

Hospitals used to be unhygienic places full of disease which killed many patients. Now though, they are kept hygienic and patients are looked after much better.



What impact did Florence Nightingale have on healthcare?



Florence Nightingale - also known as the 'Lady with the Lamp' - was the founder of modern nursing. She was a nurse who helped to save and care for people in the Crimean war and set up the Nightingale School of Nursing. She made hospitals a safer place for patients by making sure they were hygienic places to stay. She has helped to save countless lives.

Why is it important to remember Mary Seacole?



Mary Seacole was a British-Jamaican nurse. She wanted to help wounded and ill soldiers in the Crimean War but was told they didn't need her. She thought it was because of the colour of her skin. However, she still went to Crimea and helped soldiers on the front line. She was well-loved by all the soldiers she helped. However, after her death, she was forgotten about for over 100 years! Mary Seacole inspired others to overcome challenges they face.

Vocabulary

The past - things that have already happened.

The present - things that are happening now.

Chronological - the order that things happen in.

Source of evidence - something we use to learn about the past.