

## KNOWLEDGE ORGANISER – YEAR 2 (Spring 1) Animals Including Humans

### What do we need to grow and stay healthy?

Key Vocabulary	
Adult	A fully grown person
Balanced diet	Eating a variety of different foods.
Basic needs	Things you need to survive (food, water, shelter and clothing).
Exercise	Using your body to make it strong and healthy.
Food	A substance that a plant or animal can take into its body to help it to grow and be healthy.
Germs	Something that can cause disease.
Heart	The organ of the body that makes the blood go round.
Hygiene	Keeping things clean to stay healthy and stop disease.
Mammal	Any animal that gives birth to live babies which are fed with milk from the mother.
Muscle	Part of the body that gets bigger and smaller to help move.
Shelter	Something that protects people from rain, wind and danger.
Survive	Stay alive

#### Key Facts

- Animals and humans grow and change as they get older.
- Animals and humans need water, food and air to survive.
- Food can be sorted into different food groups.
- Exercise helps us to keep healthy.
- Germs spread easily so we need to keep ourselves clean.

