

Key Stage 1 – Elveden Academy-

Knowledge organiser – Animals Including Humans (Science)

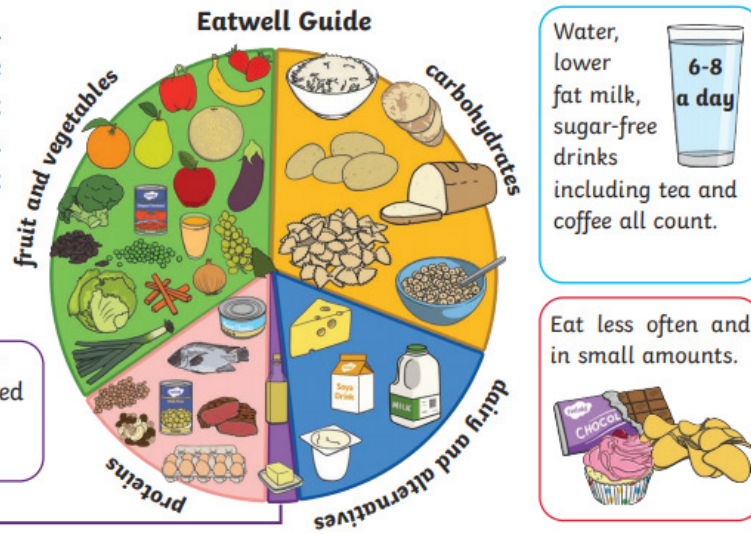
Know how to...

- Describe the importance for hygiene.
- Understand what a healthy diet is and why we need one.
- Understand about the different food groups.
- Understand what the eat well plate is.

To stay alive, all animals have 3 basic needs:



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



oils and spreads
Choose unsaturated oils and use in small amounts.

Eat less often and in small amounts.

To stop illness and infections spreading, we must be hygienic and keep ourselves clean.



Off-spring	The child of an animal. Human offspring are referred to as children.
Survival	To remain alive and continue to exist.
Healthy	Doing things that are good for your body e.g eating healthy food.
Hygiene	Keeping clean to stay healthy.
Exercise	An activity that requires physical effort.
Nutrition	They are the substances in food that our bodies process to enable it to function.
Diet	The kind and amount of food selected.
Proteins	This is foods such as meat, poultry, eggs, nuts and seeds.
Carbohydrates	Carbohydrates are mainly sugars and starches which are found in foods such as rice, bread and grains.
Fats	Fats give us energy from calories but not much nutrition.



Exercise is important to keep us happy and healthy. Exercise helps to build strong bones, muscles and good posture. It allows us to remain flexible and maintain high energy levels.

