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|  | **Animals Including Humans** | **I:\Cross Gates Primary\Cross Gates Primary LOGO.jpg** |
| **Year Group: 2** | **Subject Focus: Science** | **Term: Autumn 1** |
| **Key facts*** Animals need food, water and air in order to survive.
* Humans need a varied, balanced diet including water and lots of fruit and vegetables to stay healthy. They also need regular exercise and to wash regularly in order to stay hygienic and healthy.
* Animals have offspring that grow into adults.
 | The Eat-Well Plate is a guide to the right balance of the five main food groups. These are fruit and vegetables, carbohydrates, dairy, protein and then fat. A key piece of learning we will carry out is the life cycle of a butterfly. A butterfly lays an egg, a caterpillar emerges from the egg, the caterpillar pupates in a chrysalis and butterfly emerges from the chrysalis. | **Key words:**

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| **air** | What we breathe in- oxygen.  |
| **balanced diet** | A diet consisting of a variety of different types of foods which provide the right nutrition.  |
| **exercise** | A physical activity to improve your health. |
| **food** | What we eat or drink in order to grow and survive.  |
| **grow** | To naturally increase in size and change physically.  |
| **healthy** | In good, physical health. |
| **hygiene** | Practises that help to prevent disease, such as, hand-washing.  |
| **life cycle** | The stages in an animal or humans’ life. |
| **survive** | What needs to be done in order to stay alive. |
| **young** | The name given to an animal after birth.  |

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| **Key people****Florence Nightingale** - Pioneer of modern nursing in Britain**Elizabeth Garrett Anderson** - First British female physician and surgeon**Steve Irwin** – Australian wildlife expert**Robert Winston** – British human scientist |
| **Exciting books/ web links:**Tadpole’s Promise – Jeanne Willis.Monkey Puzzle – Julia Donaldson.Once There Were Giants – Martin Waddell.Which Food Will You Choose? – Claire Potter.  |
| **Parents as partners:** At home you can complete lots of different activities you can complete to support your children learning.Pattern seeking, how do different activities affect my pulse rate? Could your child measure their pulse and record it after different exercises?Could your child write a set of instructions/recipe for a healthy snack or meal, such as a salad, soup or pizza?Research different ways to keep healthy, could we survive on the moon?  |