



# Science Knowledge Organiser - Year 2 Healthy Me

## Key Knowledge

People need air, water and food to stay alive.

Children need a balanced diet so that when they get older, they don't have problems with their joints and hearts.

Eating too much sugar, fat and salt can be bad for your health.

Exercising each day keeps our body and mind healthy.

To stop germs spreading it is important to be hygienic.

You should wash your hands before eating and after going to the toilet.

You should cough into your sleeve and use a tissue when you sneeze.

## Diagrams





Drink 6-8 glasses of water a day

Wash your hands for 20 seconds.



## Vocabulary

exercise	moving parts of the body to become stronger and healthier
healthy	feeling well and happy
hygiene	the things we do to keep our body clean and help stop the spread of germs
germ	tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease
fruit	is something which grows on a tree or bush and which contains seeds or a stone and the outside you can eat.
vegetables	vegetables are plants such as cabbages, potatoes, and onions which you can cook and eat
sneeze	to let out a sudden, burst of air through the mouth and nose. 
cough	when you cough, you force air out of your throat with a sudden, harsh noise. 
calm	not angry or excited

## Prior knowledge

In Year 1 I learned to name and label parts of the body and say which part of the body is linked to the five senses.