



# Roby Park Primary School Year 2

## Biology

### Feeding & Exercise



### What we already know:

- ✓ There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
- ✓ Vertebrates are animals that have a backbone.
- ✓ Some animals are suitable to be kept as pets but others are not.
- ✓ Some animals give birth to live young but others lay eggs.
- ✓ Doctors and nurses give us medicine when we are poorly.

### We are learning to:

- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food.
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.





# Roby Park Primary School Year 1 Biology Feeding & Exercise



- What we already know:**
- ✓ There are five types of vertebrates (mammals, fish, reptiles, amphibians, birds)
  - ✓ Vertebrates are animals that have a backbone.
  - ✓ Some animals are suitable to be kept as pets but others are not.
  - ✓ Some animals give birth to live young but others lay eggs.
  - ✓ Doctors and nurses give us medicine when we are poorly.

**Key Vocabulary**

**Germs** - tiny living things that can sometimes make us ill.

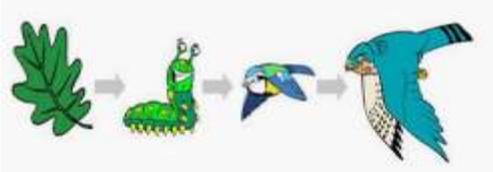
**Vitamins** - goodness that our bodies need to grow and be healthy.

**Carbohydrates** - foods like bread, pasta, rice, cereals, potatoes.

**Protein** - meat, fish, eggs and also meat alternatives like Quorn.

**Dairy** - foods made from milk which contain calcium, like yoghurt, cheese and milk.

- To keep healthy, humans need:
- to eat a balanced diet and healthy food.
  - some exercise to keep their muscles and bones healthy.
  - to take medicines that are given by doctors when feeling poorly.
  - to keep good hygiene by washing regularly,



**The Power of Four**

Hygiene means doing things that keep you clean and stop you from getting ill. Germs are everywhere. Some of them can make us ill.

Good hygiene helps us to stay healthy:

- Having a bath or shower.
- Washing your face.
- Brushing your teeth.
- Washing your hands.
- Cutting your nails.
- Wearing clean clothes.

Exercise makes your heart happy.  
 Exercise strengthens your muscles.  
 Exercise makes you flexible.  
 Exercise makes you feel good.

**Investigate!**

Learn about the fundamental things needed for survival and how long humans can live without air, water and food. Consider that food can be divided into different categories. Learn about the conditions on board ships hundreds of years ago. Test different bird food to see which food birds like best. create a diet and exercise plan.





# Roby Park Primary School Year 1 Biology Feeding & Exercise



## 3Ws

What should you use to wash your hands?

Why do we clean kitchens?

What sort of water should you use to wash your hands?

## VOCABULARY UNSCRAMBLE

s m e g r

Tiny living things that can sometimes make us ill.

e e r c s i x e

you move your body energetically in order to get fit and to remain healthy.

y h e h a t l

well and not suffering from any illness

## 3 2 1

Name 3 things animals need for survival

.....  
.....  
.....

List 2 facts about lifecycles

.....  
.....

Recall one way to keep fit

.....



List 5 ways to be clean.



**Speedy Pencil.** Write as much as you can remember in 5 minutes



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