

Knowledge Organiser — Theme: Healthy Humans

Key Facts

- Living things need food to grow and be strong and healthy.
- Plants can make their own food, but animals cannot.
- To stay healthy, humans need to exercise, eat a healthy diet and be hygienic.
- Animals and humans need food, water and air to stay alive.



Exercise

There are lots of different types of exercise that we can do. How many have you tried? walking, netball, gymnastics, swimming, skipping, running, football, bowling, trampolining, tennis.

Key Questions

- How do we keep healthy?
- Why is it important to keep healthy?
- What choices can we make for a healthy lifestyle?
- How can we group the type of foods we eat?
- How do the different food groups help to keep us healthy?
- What are the diets of different animals like?
- Can you design a healthy meal/menu?

Key Vocabulary

growth	The process of increasing in size.
healthy	In a good physical or mental condition: in good health.
nutrition	The process of providing or obtaining the food necessary for health and growth.
exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
well-being	The state of being comfortable, healthy, or happy.
energy	Strength to be able to move and grow.

Food Groups

FOOD GROUPS Do you have a balanced diet?

- Proteins:** We need foods containing proteins to help our bodies to grow and repair themselves. Includes meat, milk, fish, eggs, nuts.
- Carbohydrates:** Foods containing carbohydrates give our body energy. Includes bread, chips, pasta, rice.
- Vitamins and Minerals:** Vitamins and minerals keep our body and cells healthy. Includes fruit, vegetables.
- Fibres:** Fibre helps us to digest our food and keeps our intestines healthy. Includes fruit, vegetables, cereals, brown bread.
- Fats:** Fats provide energy and help in building up our body. Includes cakes, butter, biscuits, cheese.

A Balanced Diet

Eatwell Guide

Use the Eatwell Guide to help you choose a balanced diet. It shows the right amounts of each of the different food groups.

For more information on healthy eating, visit www.nhs.uk or call 0800 111 200.

