

# Knowledge Organiser - Science: 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.







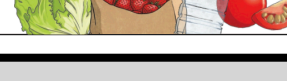
## Exercise

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.

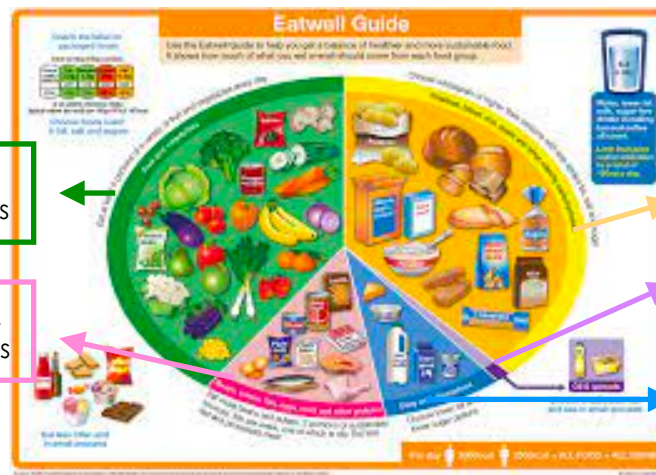
## Food Groups

- 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 Questions

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide <b>energy</b>
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide <b>energy</b>
vitamins		keep you <b>healthy</b>
minerals		keep you <b>healthy</b>
water		moves <b>nutrients</b> around your body and helps to get rid of waste

## A Balanced Diet



fruits and vegetables

meat, fish, egg, beans

## Key Vocabulary

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

cereal, bread, pasta

fat, oil, sugar, sweets

milk and dairy foods