

Key Learning

Growth in animals	animals become older and change as time passes
Human growth	baby > toddler > child > teenager > adult
Things humans need to survive	water, food, air, rest and shelter
Things humans need to be healthy	to have a balanced diet of the right amount of different types of food and drink. to exercise regularly. to be hygienic. to rest and have a good night's sleep
What is regular exercise?	adults need to be active for at least 150 minutes each week and children aged 5 to 16 need to be active for at least 60 minutes each day children under 5 need 3 hours of activity a day
What is good hygiene?	to maintain daily personal hygiene, you should make sure: your hands are washed after you've used the toilet your private parts are washed every day your face is washed daily you're fully bathed or showered at least twice a week your teeth are brushed twice a day
What is rest and sleep?	rest is important for growth and development. children aged 6 to 12 year olds should sleep 9 to 12 hours each night.

In Year 1 you learnt to:

- understand the importance of healthy food and diet and that we get our energy from food
- understand the importance of exercise
- Have some understanding of growth and change.

Key Vocabulary and Phrases

Offspring	a person or animal's child or children
Growth	the process of getting bigger
Baby	a very young child
Toddler	a young child that is just beginning to walk
Child	a young person below the age of 13
Teenager	a person aged between 13 and 19
Adult	a grown up

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

FOOD STANDARDS AGENCY
eatwell.gov.uk

