

Science: Healthy Me

Key Vocabulary

- adult
- young
- offspring
- diet
- disease
- exercise
- germs
- hygiene
- nutrition
- pulse
- healthy
- fitness
- muscle



Useful Websites

<https://www.bbc.co.uk/bitesize/subjects/z6svr82>

Overview

Children will begin by looking at animal young and comparing them to their adults. Then, children are introduced to the three basic needs of animals for survival (water, food and air). They will apply this knowledge, alongside research from secondary sources, to suggest ways to look after pets. The unit ends with children looking at healthy lifestyles, including the importance of exercise, healthy eating and hygiene.

Key Points of Learning

- Notice that animals, including humans, have offspring which grow into adults.
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Questions I want to investigate now...

