

Sticky Knowledge

I can identify the different food groups and explain why each group is important for humans.

Prior Knowledge

I know the types of healthy food that I should be eating, such as fruit and vegetables and I can name some types of exercise. I know the parts of the body.



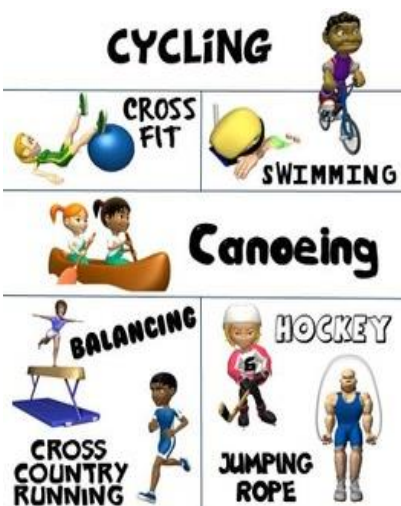
Vocabulary

Humans Knowledge Organiser



Exercise	Physical exercise to keep our body fit.
Diet	Correct food and water a living thing needs.
Hygiene	How clean something is to stop things spreading.
Nutrition	Food we need to live.
Energy	The power needed to carry out a task.

To stay healthy, we need to eat a balanced diet and exercise. The food groups include: Carbohydrates, proteins, fruit and vegetables, dairy and fats/sugars. To stay healthy, we must only have a certain amount from each food group each day. Food also gives us the energy we need.



Exercise is important for us to stay healthy.

A regular form of exercise, such as those on the left, can help us to stay fit and keep our bodies healthy. Exercise can also help us to lose weight.

Humans needs many things, just like other living things to survive.

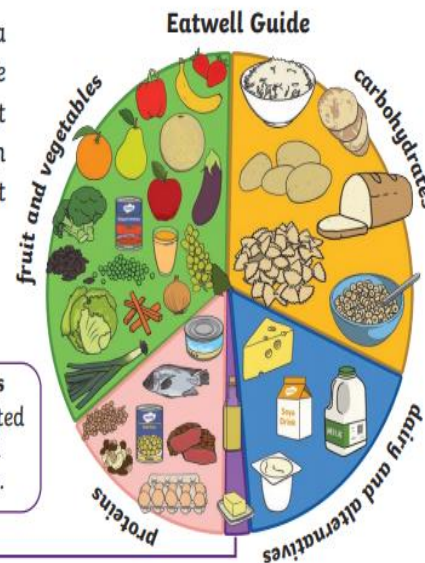
These include:

- Water
- Food
- Air
- Shelter

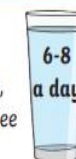
This is our body.

We have 5 senses: touch, see, smell, hear and taste. Can you think of what parts of the body we use our 5 sense for?

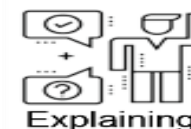
To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.



Eat less often and in small amounts.



Explaining

To stop illnesses, we must be hygienic and wash our hands regularly.