



# Year 2: Healthy Living Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about healthy living
<b>healthy</b>	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep	 	<input type="checkbox"/> Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
<b>diet</b>	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.		<input type="checkbox"/> All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
<b>off-spring</b>	You can refer to a person's children or an animal's young as their off-spring.		<input type="checkbox"/> Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.
<b>exercise</b>	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.		<input type="checkbox"/> It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
<b>proteins</b>	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds	<b>Important facts to know by the end of the healthy living topic:</b> <ul style="list-style-type: none"> <li>• Know that animals, including humans, have young animals that look like them.</li> <li>• Know that the babies will grow into adults.</li> <li>• Know what humans need to survive (including food and water).</li> <li>• Know what animals need to survive.</li> <li>• Know why it is important to exercise.</li> <li>• Know why it is important to eat the right amounts of food.</li> <li>• Know why it is important to keep clean and wash regularly.</li> </ul>	<input type="checkbox"/> Keep your mouth healthy by brushing and flossing to have clean teeth and gums.
<b>carbohydrates</b>	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.		<input type="checkbox"/> It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.
<b>fats</b>	Fats are found in meat and other animal products, such as butter and cheese.		
<b>nutrition</b>	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.		
<b>survival</b>	Survive usually means to succeed in keeping alive.		
<b>hygiene</b>	Taking care of our body by being clean and making sure we don't smell.		