



Science Knowledge Organiser – Year 2

Healthy Body, Healthy Mind



Vocabulary	Definition	Picture
bacteria	These are tiny living things that live everywhere. Some are dangerous but most are useful.	
balance	When things are measured to the right amounts.	
body	All the physical material that makes up a person or an animal	
exercise	Activity done to keep the body or mind strong or to make them stronger.	
healthy	When you have a good mind and body that is free from sickness.	

Vocabulary	Definition	Picture
hygiene	The way that you keep clean to stay healthy and prevent disease.	
mind	The part of your body that thinks, understands, remembers and feels.	
needs	Something that people must have into order to stay alive.	
survive	To continue to live or exist.	
unhealthy	When your body or mind is given something that can cause poor health or disease.	



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Key Knowledge Facts

A human needs water, food, air and shelter to live.

Exercise is important because it keeps our heart muscle healthy – pumping blood well around our body.

Humans should eat a balanced diet consisting of foods from all 5 food groups in the right amounts.

We need to remain hygienic to stay healthy by washing our hands and cleaning the surfaces.

Humans should also keep their brains healthy by taking about emotions and having time to relax.

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy bones, muscles and joints



Helps reduce the risk of developing obesity and chronic diseases



Helps to achieve and maintain a healthy body weight.



Improves the quantity and quality of sleep



Greater self-esteem and better self-image



Improves coordination and motor skills

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.



Wash YOUR HANDS!

Hands that look clean can still have icky germs!



1 Wet



2 Get Soap



3 Scrub



4 Rinse



5 Dry

www.cdc.gov/handwashing



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