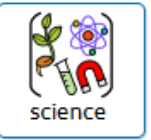


Science – Year 2 – Humans



1.To predict which style of exercise raises our heart rates the most.	2.To identify foods that contribute to an unhealthy diet.	3.To understand why hygiene is so important.	4.To investigate what happens to our teeth as we get older.
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heart	The muscle inside the chest, which pumps blood around the body	
exercise	Physical activity that makes the body strong and healthy	
physical health	How well a person's body is working	
mental health	How a person is feeling inside their mind	
healthy diet	A diet that includes fruit, vegetables and other healthy food	
unhealthy diet	A diet that is high in fat, sugar or salt	
meat	Animals that are eaten for food	
vegetable	A part of a plant that can be eaten, such as a stem, root or leaf	
fruit	A part of a plant that can be eaten and contains seeds	

sugar	A sweet substance that comes from plants	
germs	Living things that are too small to be seen by the human eye	
hygiene	Keeping yourself and your surroundings clean	
disease	When something goes wrong with the body makes you unwell	
doctor	A person who looks after people when they are unwell	
teeth	The hard structure in the mouth used to bite and chew through food	
plaque	A sticky coating made by germs that can harm the teeth and gums	
filling	A special material that is used to fill a small hole in a tooth	

Teeth

Teeth are used to bite and chew food. They need to be looked after to stay strong.



When children are young, they have smaller teeth, known as milk **teeth**. These fall out as children get older and grow adult **teeth**.

Brushing your **teeth** twice a day for two minutes removes **plaque** and food to keep your **teeth** and **gums** clean and healthy.



You should brush when you wake up and just before you go to bed.



You should also visit your dentist regularly to make sure your teeth are healthy and growing well.

Hygiene

We need to keep our bodies and our surroundings clean to avoid picking up **germs**, which can cause **diseases** and make us ill.

It's important to wash your hands with soap after using the toilet, before you eat lunch and after playing outside and touching animals or plants.



It is also important to:



wash and brush your hair regularly



catch coughs and sneezes and wash your hands after



have a shower or bath regularly