



Enquiry Question: How do we keep healthy?

Why are we completing this learning?

We are learning about how to maintain a healthy lifestyle especially focusing on what to eat and the importance of exercise. We are doing this because we want our children to know and understand what food they need to be eating to maintain an healthy diet but also the importance of exercising.

How does this link to the National Curriculum?

- describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food
- 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.

We will be scientists by:

- Beginning to recognise ways in which they might answer scientific questions.
- Beginning to use simple scientific language.
- Using their observations and ideas to suggest answers to questions.

Character Muscles

Science

Curiosity
Enthusiasm
Questioning



Things my family can ask me:

- What is a food chain?
- Identify the different sources of food
- What basic needs to do humans and animals need to survive?
- Why is exercise important?
- What is hygiene?

Things my family can do with me:

- <https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/zx38wmn>

Links to other learning ...

DT: making smoothies
PE: health and fitness
Year 1:
Year 3:

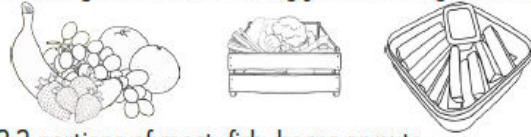
The Knowledge



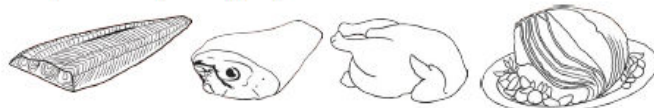
Key Knowledge

Your menu should have:

Fruit, vegetables and starchy food at every meal and for snacks.



2-3 portions of meat, fish, beans or nuts.



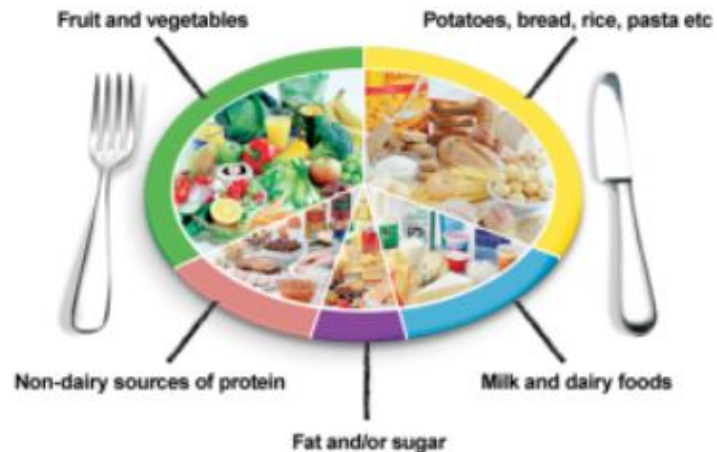
2-3 portions of dairy food.



No more than 1 sugary or fatty treat.



The eatwell plate



Key Vocabulary

We are word collectors

		Prey – is an animal that is hunted by another for food.
		Predator – are carnivores are animals that only eat other animals for food.
		Food chain – orders and describes what different animals eat.
		Offspring – the children or young from a living thing.
		Exercise – is a way of keeping the body healthy by being physically healthy.

