

What should I already know?

SCIENCE

Animals (including humans)

- Identify, name, draw and label the basic parts of the human body
- Identify which part of the body is associated with each sense

D & T: Food

- Develop a food vocabulary using taste, smell, texture and touch.
- Group familiar food products e.g. fruit and vegetables.
- Cut and peel a range of ingredients.
- Work safely and hygienically.
- Understand the need for a variety of foods in the diet.



Hygiene



Exercise



Key information

Vocabulary

Exercise – Physical fitness that improves your muscles

Diet – Food and drink that is eaten by a person

Hygiene – Keeping clean through washing

Healthy Lifestyle – Doing things that are good for your body eg: Exercise, eating fruit and vegetables

Science –

Animals (including humans)

- Know that animals, including humans, have offspring which grow into adults
- Find out and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance of exercise for humans
- Describe the importance of eating the right amount of different types of food for humans
- Describe the importance of hygiene for humans

D&T: Food

Grate and chop a range of ingredients.

Measure and weigh food items - non-statutory measures e.g. spoons, cups.

Work safely and hygienically.

- Measure and weigh ingredients appropriately