

Key Vocabulary:

Living – Something that is alive

Dead – No longer or has never been living

Exercise – Moving your body to keep it fit and healthy

Healthy – In good health

Hygiene – Being clean and tidy in yourself e.g. washing your hands

Basic need – Something that a person needs to live a healthy life



Holy Family Halewood Year 1 & 2 Science Keeping Fit and Healthy



Learning Objectives:

- To explore differences between things that are living, dead and have never been alive.
- To use MRS GREN to determine if something is living.
- To identify the basic needs of animals and humans.
- To understand the importance of exercise for a healthy life
- To be able to identify healthy foods.
- To understand the importance of hygiene for humans.

Basic Needs:

Water



Air



Food



MRS GREN:

Movement



Respiration



Sensitivity



Growth



Reproduction



Excretion



Nutrition



A Healthy Plate:



Hygiene:

