

Y2 Growing Healthy

KS1 Y2 Science · Follows the national curriculum

Name _____ Class _____ Date _____

1. Worked example

Why do we need to eat lots of different types of food?

Step 1 · Fruit and vegetables

Help keep our bodies working well and stop us getting ill

Step 2 · Starchy foods (bread, rice, pasta, potatoes)

Give us energy

Step 3 · Protein (beans, eggs, fish, meat) and dairy (milk, cheese)

Help us grow and build strong bones and teeth

Answer: Each type of food helps our body in a different way, so we need a mix

Check: Eating a mix of foods in the right amounts is called a balanced diet.

2. Now try one with the steps

Is a chocolate bar bad for you?

Step 1 · What is in it?

Step 2 · What does too much sugar do?

Step 3 · So...

Answer:

3. Practice

Have a go at each one. There is space underneath to work it out.

1. Name a food that gives you energy.

2. How many portions of fruit and vegetables should you aim to eat each day?

3. Name a food that helps build strong bones and teeth.

4. Should we eat sweets every day?

5. Name one type of exercise.

6. What happens to your heartbeat when you exercise?

7. Name a food that helps you grow (protein).

8. Which is the healthier drink: water or a fizzy drink?

9. Give 1 reason why exercise is good for you.

10. Children should be active for about 60 minutes a day. Sami played football for 30 minutes and walked to school for 20 minutes. How many minutes is that?

11. Sami needs 60 minutes. How many more minutes of activity does he need after 50 minutes?

12. Leo's lunch is crisps, a chocolate bar and a fizzy drink. How could you make it healthier?

13. What could happen if someone ate too much sugary food and never exercised?

14. Why is eating only one type of food, even a healthy one, not good for you?

4. Before you hand it in

Sorting foods into 'good' and 'bad' foods.

Say 'everyday foods' and 'sometimes foods'.

Thinking more food is always healthier.

Eat the right amounts — a balanced plate.

Thinking exercise only means sport.

Exercise is anything that gets your body moving and your heart beating faster.

Thinking a fast heartbeat after running means something is wrong.

A faster heartbeat during exercise is normal and healthy.