



Science

Animals Including Humans



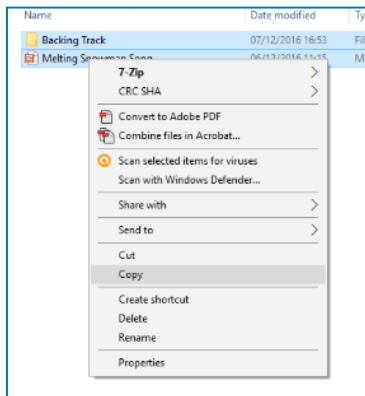
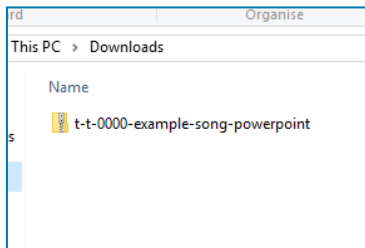
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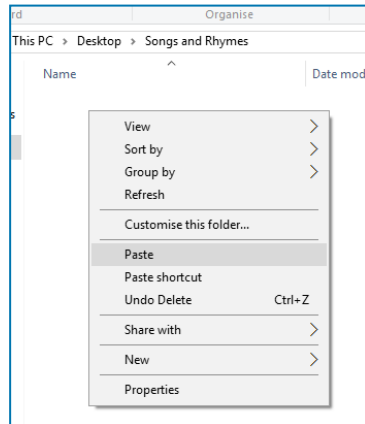
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Guidance for Video/Audio in PowerPoints

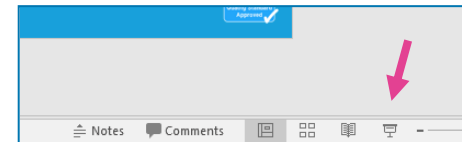
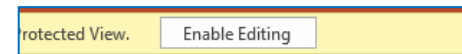
1. Open the folder and copy all the files.



2. Paste the copied files into a new folder.



3. Open the PowerPoint file, enable editing and enter presentation mode (start the slide show).



Meet Quizby!

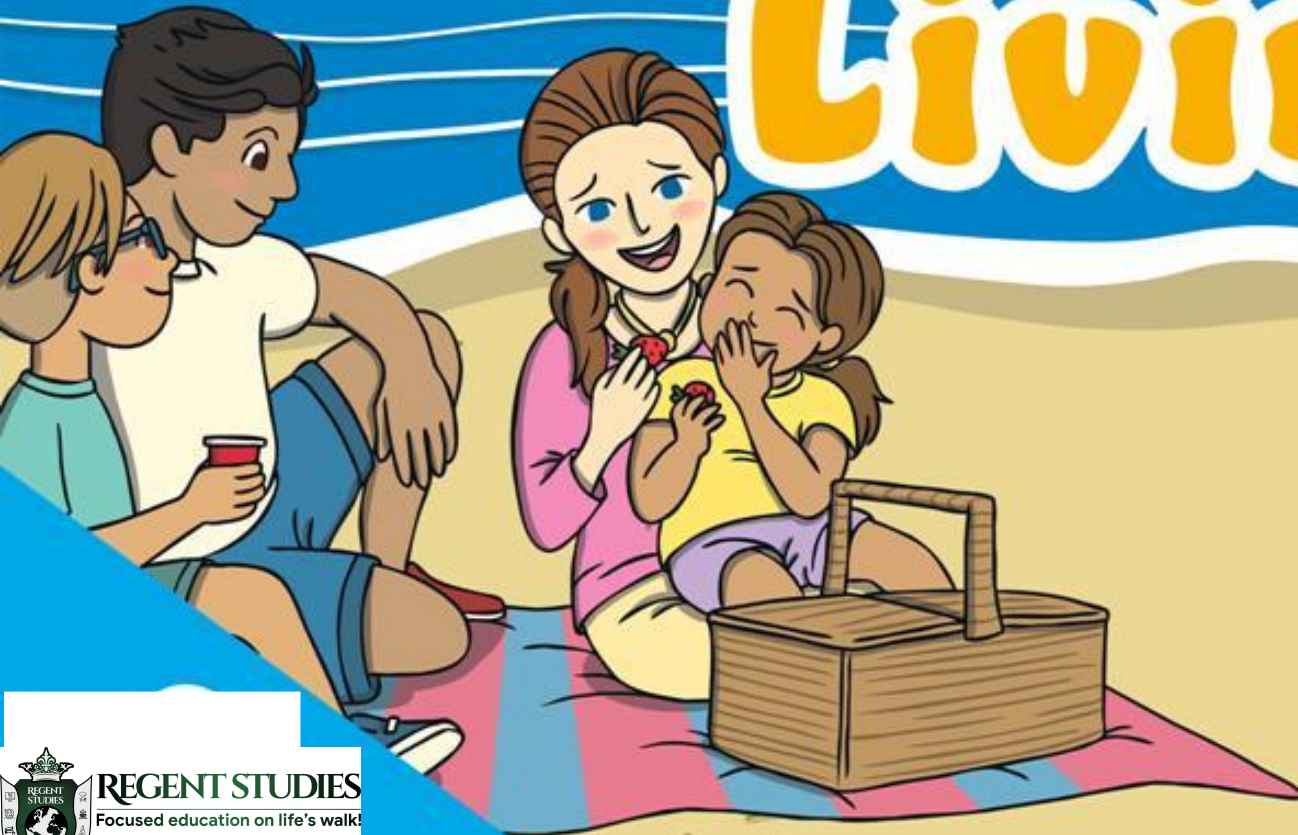
Can you spot me in the
Lesson Presentation?

The questions that appear will help
you to think about the key learning
throughout the lesson.





Healthy Living



Aim

- To investigate the importance of healthy eating and hygiene.

Success Criteria

- I can use a non-fiction eBook to find out information about healthy eating and hygiene.
- I can create a balanced meal plan.
- I can say what I think (predict) will happen when removing germs and find out whether I was correct.
- I can explain how to wash my hands and why it is important.





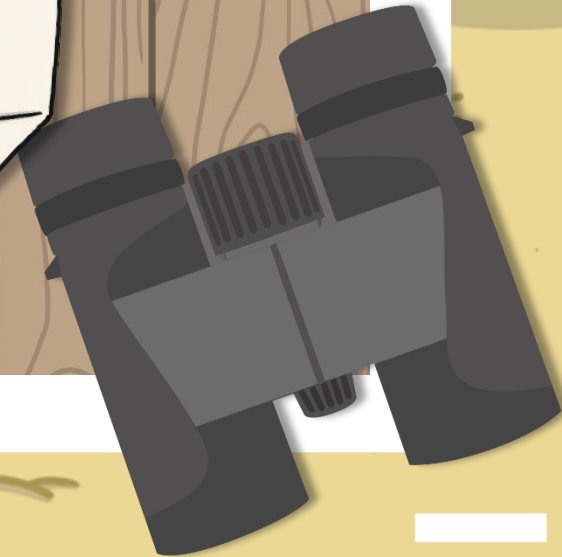
Remember It

We are going to play a game of **True or False** to see how much you can remember from our last lesson.

Let's split into two teams.

- Each team takes it in turns to pick a card.
- Decide if it is true or false.
- Click on the card to check.
- If you are correct, you score a point for your team!

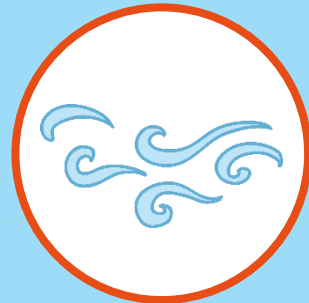
PLAY
GAME



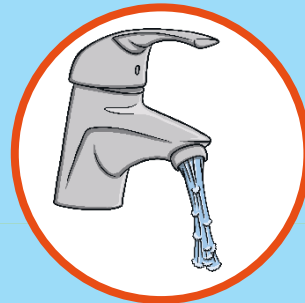


Health and Hygiene

We know that all animals have three basic needs to stay alive.



air



water



food



We have also looked at how important exercise is for helping humans to stay healthy.

What else do you think humans need to help us to stay healthy?





Health and Hygiene

Let's see if there is any information in the **Knowledge Organiser** that tells us how we can try to stay healthy. Click the magnifying glass to zoom in.

Animals Including Humans
Year 2

Key Vocabulary	
diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

To stay alive, all animals have three basic needs for survival:

air

water

food

Eatwell Guide

Eat less often and in small amounts

oil and spreads
Choose unsaturated oils and use in small amounts.

6-8 a day

Water, lower fat milk and sugar-free drinks.

Being active and **exercising** keeps our bodies and minds healthy.

To stop germs from spreading, it is important to be **hygienic**.

To look at all the planning resources linked to the Animals Including Humans unit, click here.



What Do We Need to Stay Healthy?



Let's find out from our **eBook** how a **balanced diet** can help us to stay healthy.



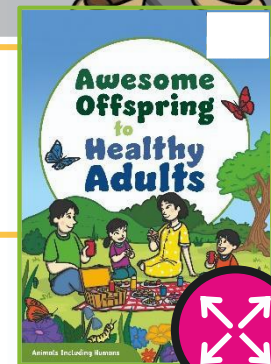
A **balanced diet** means that each day we try to eat lots of different types of food, in the right amounts, to give us enough **nutrients** (the goodness found in food) to stay healthy.

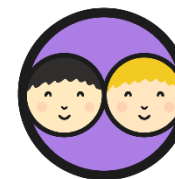


What types of food do you think are important to include as part of a **balanced diet**?



Can you use the non-fiction **eBook** to find out information about healthy eating?





A Balanced Diet

With a partner, can you label each section of the Eatwell Guide correctly and sort the foods into the correct place?

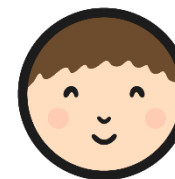
Eating Well

To investigate the importance of healthy eating and hygiene.

With a partner, label the correct sections on the Eatwell Guide. Then, see if you can sort each food into its correct place on the guide.

Check Answers

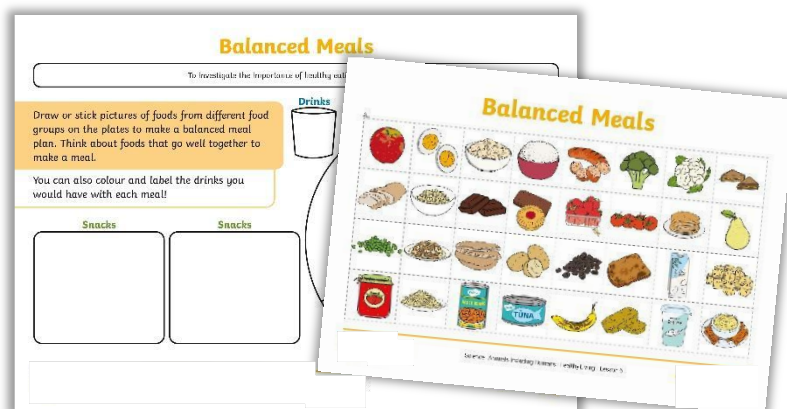




Healthy Meals

Can you create a healthy meal plan for a whole day?

Use all the information you have read so far to help you with your choices. Make sure your choices will make a nice meal. After, we will share some of our balanced meals with the class!



Include:

- breakfast
- lunch
- dinner
- drinks

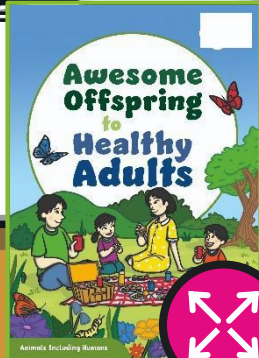




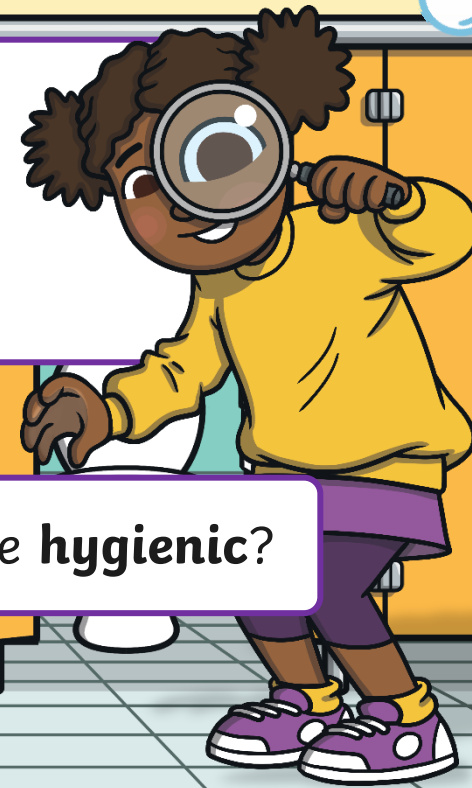
Keeping Clean

Let's find out from our **eBook** how being **hygienic** can help us to stay healthy.

Good **hygiene** is keeping ourselves and our environment (the places and things around us) clean to keep us, and others around us, healthy.



How do you think we can be **hygienic**?





Keeping Clean

Why is it so important to wash our hands well?

It removes dirt and stops us spreading **germs** that can cause illnesses.

When should we wash our hands?

Before preparing food or eating



After going to the toilet



After we cough, sneeze or blow our nose



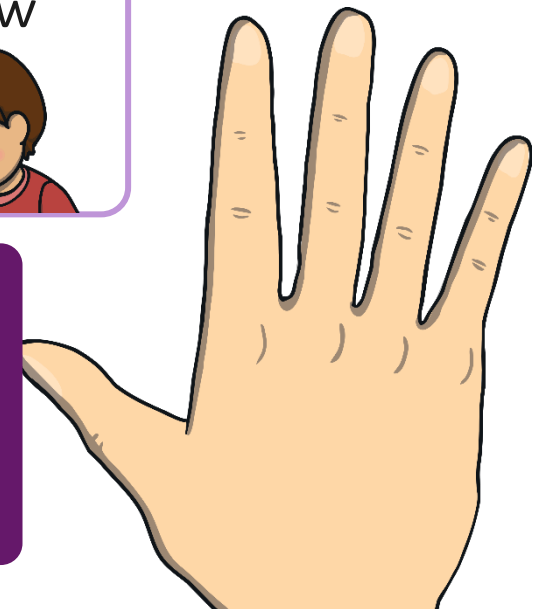
When coming in from playing outdoors



After touching animals

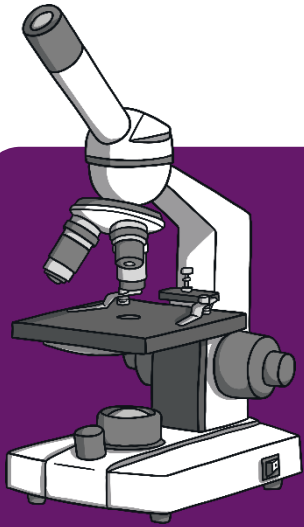


Can you think of any other times?





Removing Germs Investigation



Germs are so small that you cannot see them without using a microscope.

To learn why it is important to wash our hands to stop the spread of germs, we are going to test -

Which is the best way to clean our hands?

We are going to use glitter and pretend that the tiny pieces of glitter are germs!

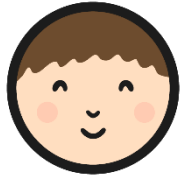
The pieces of glitter are bigger than germs, so we can see them and imagine how germs spread.

We will be working in groups to investigate:

- using a paper towel
- using water
- using soap and water



Removing Germs Investigation



Let's write what we think will happen (our prediction) on the **Removing Germs Investigation Sheet**.

Removing Germs

To investigate the importance of healthy eating and hygiene.

Which is the best way to remove germs from our hands?

What do you think will happen? (prediction)

What do you think will happen?
I think the **paper towel** will...

I think the **water** will...

I think the **soap and water** will...

What happened? (results)

What happened?
The **paper towel** _____

The **water** _____

The **soap and water** _____

Removing Germs

To investigate the importance of healthy eating and hygiene.

Which is the best way to remove germs from our hands?
You can use the word banks to help you to fill in the sections.

Word Bank

remove	some	many	glitter
not remove	all	germs	

What do you think will happen? (prediction)

I think the **paper towel** will...

I think the **water** will...

I think the **soap and water** will...

Removing Germs

To investigate the importance of healthy eating and hygiene.

Which is the best way to remove germs from our hands?

What do you think will happen? (prediction)

Draw a line to the answer you have chosen.

I think the **paper towel** will... remove some of the 'germs'.

I think the **water** will... remove all of the 'germs'.

I think the **soap and water** will... not remove many of the 'germs'.

X

What do you **think** will happen and why?

Removing Germs Investigation



Instructions

1

Lay a piece of old paper/newspaper out on the table.

2

Each person take one tiny pinch of glitter between two fingers and sprinkle it onto the palm of your hand.

3

Make a fist with your glitter hand, then spread your fingers out. Press the palms of your hands together and pull them apart. What do you notice about your hands?

4

Each person in your group will be testing a different way to try and get rid of the glitter (germs).

- One person needs to try using a paper towel.
- One person needs to try rinsing with just water.
- One person needs to try using soap and water.

5

Look at your hands in your group, who has got rid of the most glitter (germs)?

6

Record what happened (your results) on your sheet. Then, record what you have found out (your conclusion) to answer our question - **Which is the best way to clean our hands?**



How to Wash Your Hands Properly



What have we found out? (conclusion)
Was it what you expected?

- ▶ The glitter (germs) spread very easily to anything you touched - germs can too!
- ▶ When you used the paper towel to try to remove it, some of the glitter might have come off but most of it probably stayed on your hands. The water might have removed more of it, but not all.
- ▶ The glitter acts the same way that germs do.
- ▶ Soap and water removed the most glitter. That's why it is important to wash our hands with soap and water (or use hand sanitiser when we don't have water).
X Why is it important to help to stop germs from spreading?



How to Wash Your Hands Properly



Which steps to washing your hands properly are missing?



PLAY
GAME

Can you explain why these steps are important?



Aim



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