












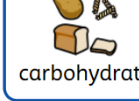



Knowledge Organiser		
Science	Year 2	Animals, including Humans - Growth

Foods	Daily needs of a human															
<p><b>Pre-cooked Food</b></p>  <p><b>Processed Food</b></p>  <p><b>Fresh Food</b></p>  <p><b>Frozen Food</b></p>  <p><b>Tinned Food</b></p>  <p>Each serving (150g) contains</p> <table border="1"> <tr> <th>Energy</th> <th>Fat</th> <th>Saturates</th> <th>Sugars</th> <th>Salt</th> </tr> <tr> <td>1046kJ 250kcal</td> <td><b>3.0g</b> LOW</td> <td><b>1.3g</b> LOW</td> <td><b>34g</b> HIGH</td> <td><b>0.9g</b> MED</td> </tr> <tr> <td>13%</td> <td>4%</td> <td>7%</td> <td>38%</td> <td>15%</td> </tr> </table>	Energy	Fat	Saturates	Sugars	Salt	1046kJ 250kcal	<b>3.0g</b> LOW	<b>1.3g</b> LOW	<b>34g</b> HIGH	<b>0.9g</b> MED	13%	4%	7%	38%	15%	<p><b>a place to live</b>      <b>food</b>      <b>water</b>      <b>air</b>      <b>sleep</b></p> <hr/>  <p><b>hygiene</b>      <b>exercise</b></p>
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	Food Pyramid															
	 <p><b>Fats and Oils</b></p> <p><b>Meat and Fish</b></p> <p><b>Milk, Cheese and Dairy</b></p> <p><b>Fruit and Vegetables</b></p> <p><b>Bread and Cereal</b></p>															

Key Vocabulary			
 <p>nutrition</p>	food that provides nourishment to live and grow	 <p>dairy</p>	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
 <p>healthy</p>	being well and fit	 <p>fat</p>	a food group that are important for energy but only needed in small amounts
 <p>protein</p>	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells	 <p>exercise</p>	activity requiring physical effort, carried out to improve health and fitness
 <p>carbohydrate</p>	a food group, including rice, bread and pasta, which give the body energy	 <p>hygiene</p>	the things you can do to keep yourself and your surroundings clean