 Knowledge Organiser

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| **Ways to keep healthy** | **Reason** |
| Exercise | Exercise keeps our muscles and bones strong. It also makes us feel happy. |
| Eating healthy foods | Our bodies take nutrients from our food that help us to grow and stay well. |
| Resting | Rest helps our bodies to recover and rebuild. |
| Keeping Clean | Good hygiene prevents germs from spreading. |
| Medicines | If we are ill, sometimes medicines can make us better. |

 Year 2 - Autumn Term A

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| **Vocabulary**  |
| **Skeleton** | The bones that make up the human body |
| **Joint** | The place where two bones come together  |
| **Muscles** | Muscles move the different parts of our body by contracting and relaxing |
| **Digest** | The process where the food we eat gets broken down |
| **Red Blood Cell** | Vehicles that carry oxygen around the body |
| **Arteries** | A tube that blood cells travel through around the body from the heart |
| **Veins**  | A tube that carries blood cells back to the heart |
| **Germs** | Tiny little things that cause illness  |

 **Science – The Human Body**



**Keeping your body healthy**