



Animals including Humans

This half term we will be looking at humans. We will be naming the main body parts and know which sense is associated with each body part.

Science

Key Questions

- What are the names of some common body parts?
- What are our senses and which body part do they link to?
- What is a healthy balanced diet?
- How does exercise keep us healthy?
- Why is it important to be hygienic?

Healthy Diet

Diets are the foods we eat. A **healthy** diet is a balanced diet – this means we don't just eat lots of one food group. Healthy diets include eating **protein** (such as meat, eggs, fish), **dairy** (cheese, milk, yoghurt), **fruits/vegetables** (broccoli, carrots, apples), and **carbohydrates** (breads, rice, pasta). We should only eat a small amount of **sugars** (chocolate and sweets).



Key Vocabulary:

The Five Senses

I can **see** with my eyes.



I can **hear** with my ears.



I can **taste** with my tongue.



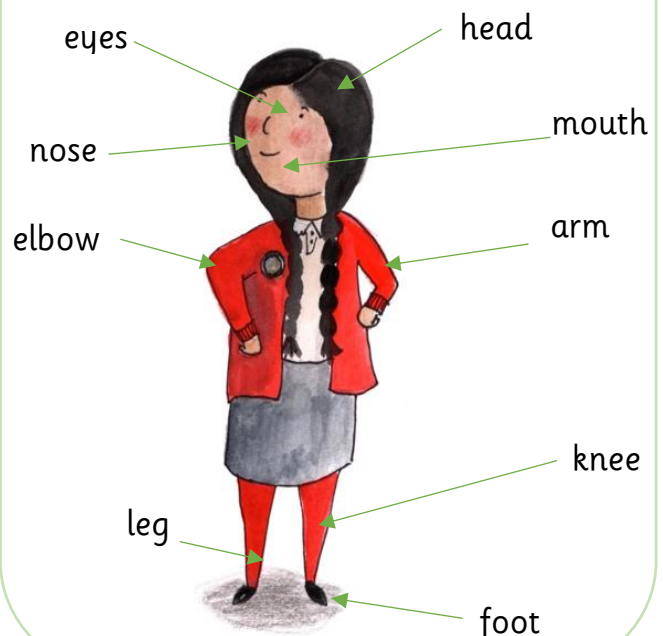
I can **smell** with my nose.



I can **touch** with my hands.

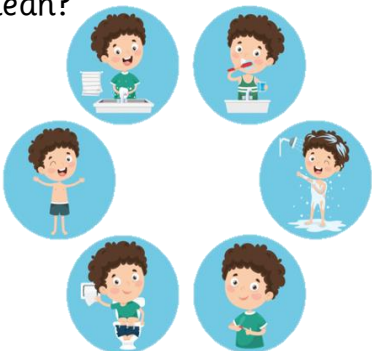


The Human Body



Hygiene

Keeping ourselves clean. What can we do to stay clean?



Home Learning Suggestions

- Create a food diary showing what foods you eat in a week – do you have a balanced diet?
- Go outside and exercise! Run around the park, play a game of football, take a dive in the swimming pool!

