Year 2: Science Ourselves Knowledge Mat

Subject	Specific Vocabulary	Information	Important Knowledge
cardiovascular exercise	Any exercise that increases the heart rate and requires you to move your muscles for a sustained amount of time.	THE EATWELL PLATE A guide to the right balance of the five main food groups Fruit & Veg Carbs & Starches Dairy Protein Sugars & Fats	 I know that cardiovascular exercise increases my heart rate and my breathing rate. I know that regular exercise can improve my mental health, help me to concentrate and help me sleep. I know that resistance exercise can change the shape of muscles. I know that exercise raises my heart rate which keeps my heart healthy. I know that a balanced diet needs to include the right amounts of protein, carbohydrate, fibre and fat. I know that germs can be spread by sneezes and what I need to do to prevent this happening. I know describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. Working Scientifically I can label a picture of a human body to show the effects of exercise. I can record my results in a table and use the results to make a picture graph. I can draw my meal onto an Eatwell plate to show what protein, carbohydrate, fibre and fat was in the meal. I can sort food and drink into groups that are healthy and not healthy. I can measure the distance in cm and m to make sure that my investigation is accurate. I can label a human outline to show that humans require exercise, a balanced diet and good hygiene to maintain health.
resistance exercise	A way to build strength and muscles by using weight. This can be your own body weight.		
strength	How strong someone is, is described as strength.		
heart rate	The number of times the heart beats per minute.		
balanced diet	A diet made up of different types of food in the right amounts necessary for good health.		
germ	Tiny organisms, or living things, that can cause disease.		
virus	Viruses are tiny particles that cause disease in people, other animals, and plants.		
bacteria	Bacteria are small organisms, or living things, that can be found in all natural environments. Some, but not all bacteria, can cause disease.		
transmission	The word used to explain how germs are spread.		
hygiene	Keeping clean to stay healthy and prevent disease.		