

Sir John Offley CE VC Primary School
'With God all things are possible'

KS1 Year 2 Animals, including humans

Question	Answer
What are the stages of the human life cycle?	Baby-toddler-child-teenager-adult-elderly
Which stage of the cycle are you in?	Child
What does the term 'Off Spring' mean?	A person/ animals young
Do animals look like their off spring?	Not always
What do humans and animals need to survive?	Food, water, air
What is the difference between needs and wants?	Needs- food, water, air Wants- toys, comfort
Which foods keep us healthy?	<p>Eat Well Guide -</p> <p>Eat at least 5 portions of a variety of fruit and vegetables every day</p> <p>Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates</p> <p>Have some dairy or dairy alternatives (such as soya drinks)</p> <p>Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)</p> <p>Choose unsaturated oils and spreads and eat in small amounts</p> <p>Drink 6-8 cups/glasses of fluid a day</p>
How much of each food group should I eat?	<p>Healthy Eating Plate</p>

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What is an unbalanced diet?	A diet that is not healthy for your body.
Why is hygiene important for humans?	To keep us healthy and clean.
How do we keep ourselves healthy?	Exercise, sleep, balanced diet, hygiene (washing, dental care), hobbies, friends
What happens if we do not look after our teeth?	Unhealthy mouth, bacteria, ulcers, weak teeth
How much sleep do we need?	6-7 year olds- around 10 hours
Why is exercise good for us?	Raises heart rate, pumps blood, feels good, burns fat
Do all off springs start life in the same way?	No
Which living things are born as live young and which will hatch from eggs?	Live young- Humans, lambs, foals, Hatch from eggs- Chicks