



SMRP Science Knowledge Organiser for Year 2: Importance of Food and Exercise

Science Knowledge

Eating a balanced diet keeps us healthy.

Taking exercise makes our bodies keep us healthy and fit.

Good hygiene can prevent us from getting us ill.

We need at least 5 portions of a variety of fruit and vegetables a day. Fruit and vegetables are a healthier choice to keep bodies strong and working properly.



Exercise is good for your heart. It helps your heart pump blood all through your body. Your heart can never take a rest, so it needs to be strong! Good food and plenty of exercise help.



As well as exercise, good hygiene, plenty of sleep, and eating a balanced diet with plenty of fresh fruit and vegetables are all essential aspects of good health.



Science Vocabulary

Word	Definition
healthy	Being in good health
fruit and vegetables	A plant growth
carbohydrates	Bread, cereals, pasta, rice, and sweet foods are mostly carbohydrates . You need them to give you energy.
exercise	Playing and being physically active
hygiene	How you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.
balanced diet	Nutrition comes from the four food groups : vegetables and fruit, grain products, milk and alternatives and meat and alternatives.
fat	Fat helps your body to grow like it should. Fats fuel the body and help absorb some vitamin
protein	We need to eat protein foods such as lean meat, poultry, fish, eggs, nuts, seeds. Protein is essential for building, maintaining, and repairing the tissues in our body.
dairy	Dairy products are foods that are made from animal milk. Dairy is a great source of calcium, Vitamin D and protein.



The human body needs a **balanced diet** to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

1. **Carbohydrates** give us energy. They are found in foods such as bread, potatoes and pasta.
2. **Proteins** help our bodies to repair themselves. They are found in foods such as fish, meat, beans, nuts, seeds, eggs and cheese.
3. **Fats** help store energy for our bodies. They are found in foods such as butter, cheese, nuts and fried food.
4. **Fibre** is important for helping us digest our foods. It's found in fruit and vegetables.