

HEALTHY LIVING

Key Stage 2 Science

- Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene
- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

From year 8: Healthy Bodies

- Explain what a balanced diet is and why this is important



Working scientifically

- WS 3.2 Translating data from one form to another.
- WS 3.5 Interpreting observations and other data (presented in verbal, diagrammatic, graphical, symbolic or numerical form), including identifying patterns and trends, making inferences and drawing conclusions.

