

Science Knowledge Organiser

Key Content

Animals and humans need water, food and air to survive.

It is important to exercise to keep fit and healthy.

It is important to eat the right kinds of food in a balanced diet.

It is important to keep yourself clean to stop you getting sick.

Key Vocabulary

Air (noun)	The gases all around us that we breathe.
Disease (noun)	Illness or sickness.
Exercise (verb)	Moving parts of the body to become stronger and healthier.
Food (noun)	Something that is eaten or drunk to keep you alive.
Germs (noun)	Tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease.
Healthy (adjective)	Feeling well and happy.
Hygiene (noun)	The things we do to keep our body clean and help stop the spread of germs.
Hygienic (adjective)	Keeping or making something clean.

Knowledge

To stay alive, it is important for animals and humans to have:



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.



Knowledge

To grow into a healthy adult we must eat the right amounts of different food types.

