

KS1 Science Knowledge Organiser

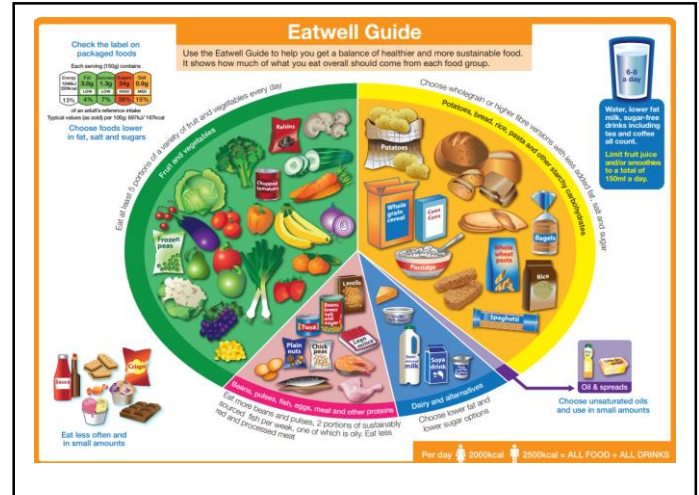
Term 1

Key Enquiry Question: Why are diet, exercise and good hygiene important for a healthy lifestyle?

National Curriculum Objectives:

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Identify and compare the suitability of a variety of everyday materials, including wood, metal, plastic, glass, brick, rock, paper and cardboard for particular uses.



Key vocabulary	
Word	Meaning
diet	The food and water than an animal needs
Disease	Illness or sickness
Exercise	A physical activity to keep your body fit
Germ	Tiny living things that cause disease
Hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
Nutrition	Food needed to live
Pulse	The beating of the heart that can be felt in your neck or wrist

Sticky Knowledge / Golden Thread (hierarchy):

Everyone needs to eat a healthy diet, exercise regularly and keep their bodies clean. People need to eat a wide variety of protein, carbohydrates, good fats and fruit and vegetables.

It is very important to exercise several times each week. This keeps your body and mind fit and well. Exercise can also make you feel happier!

Hygiene means to keep your body and mouth clean. Bodies should be cleaned every day and teeth should be brushed twice a day every day. You should visit the dentist every 6 months.

Too much sugar is bad for your body and your teeth. You should eat it in moderation.

Scientist of the term - Linda Buck, who found out how people smell things.