



GILES BROOK SCHOOL

# Knowledge Organiser

## Science: Everyday Materials

- I already know:**
- 1. The names of the parts of the human body.
  - 2. The 5 senses.
  - 3. The parts of the body each sense is associated with.

- Useful web links**
- <https://go.educationcity.com/content/index/35109/4/3/6/NULL/NULL/false/wb>
  - <https://go.educationcity.com/content/index/35108/4/3/6/NULL/NULL/false/wb>
  - <https://google.discoverededucation.co.uk/learn/search?q=human+nutrition>

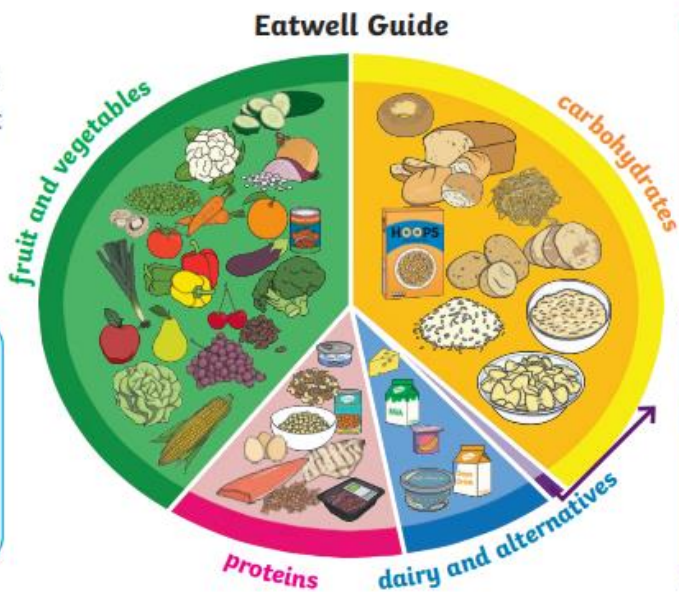
Key Vocabulary	
<b>diet</b>	The food and water that an animal needs.
<b>exercise</b>	A physical activity to keep your body fit.
<b>germs</b>	Tiny living things that can cause disease.
<b>hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>nutrition</b>	Food needed to live.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



6-8 a day

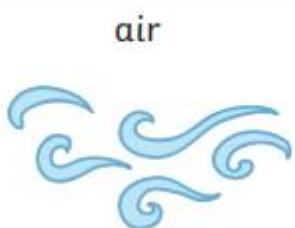
Water, lower fat milk and sugar-free drinks.



Eat less often and in small amounts.

**oil and spreads**  
Choose unsaturated oils and use in small amounts.

To stay alive, all animals have three basic needs for survival:



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

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