



Science –Human Survival Knowledge Organiser



| Learning Objectives | Core Knowledge |
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| To know what living things including humans need to survive | Humans need food, water, air and shelter to stay healthy. Humans are living things and all living things require these to survive. |
| To name the 5 main food groups and why we need them | The main food groups are fruits and vegetables, carbohydrates, protein, dairy and fats and oils. We need a mix of these food groups to provide all the nutrients our bodies need to grow and repair. |
| To describe the benefits of exercise | Doing exercise like running and jumping helps keep our hearts and muscles healthy. Regular exercise helps us have energy and stay healthy as well as improving our mood. |
| To list good hygiene practices | Washing hands, teeth and bodies keeps us clean and prevents illness. They prevent the spread of germs which can make us ill. |
| To describe the human life cycle | Humans start life as babies, growing into toddlers, children, adults and finally elderly adults. Each stage of life requires different care to stay healthy |
| To record an investigation | We can record what happens during an investigation. This helps us understand what happens and answer questions |

| Glossary | |
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| Nutrient | A substance in food which our body needs to grow and stay healthy |
| Life cycle | The stages a person goes through as they grow up |
| Hygiene | Keeping our bodies and surroundings clean to stay healthy |
| Germ | A tiny living thing that can make people sick |