



Science –Human Survival Knowledge Organiser



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