



Knowledge Organiser - Seasonal Changes - Class 2

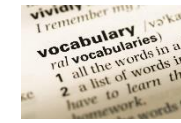
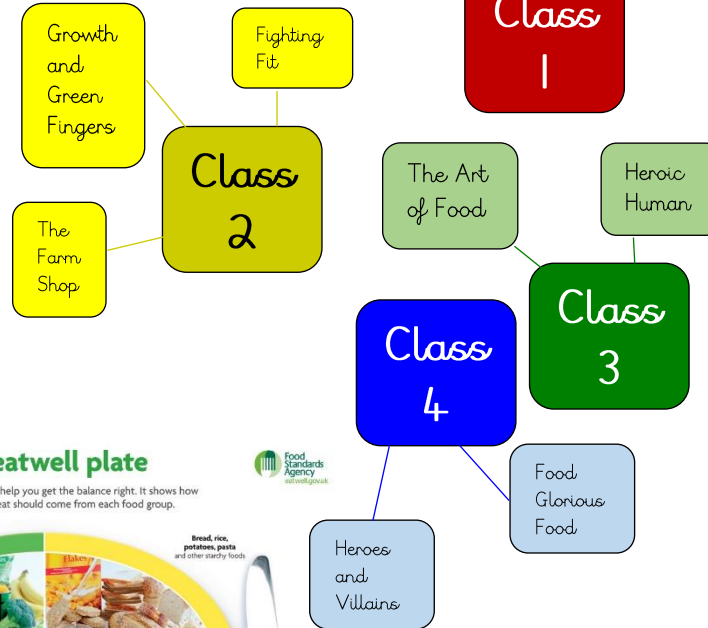


BIG Idea

Seeds and bulbs need water to grow but most do not need light; seeds and bulbs have a store of food inside them to help them to start growing. Just like plants, humans need the right amount of food and water to make sure they are healthy.

Sticky Knowledge

- ✓ A healthy lifestyle leads to a healthy body and mind.
- ✓ During exercise, muscles need more oxygen, so the heart beats faster- this is an increase in heart rate.
- ✓ Animals are alive; because they move, feed, grow, use their senses, reproduce, breathe/respire and excrete (MRS GREN).
- ✓ Your diet, exercise, drugs and lifestyle affect the way your body functions.
- ✓ A balanced diet includes: carbohydrates, proteins, fats and sugars, milk and dairy and fruits and vegetables.
- ✓ Plants are living, but will eventually die.
- ✓ Plants need water, light and air to grow.
- ✓ Germination is when a seed begins to grow.
- ✓ Humans need the right amount of food, exercise and water to survive.
- ✓ Farms use different machines to help plant, pick and package produce quicker than doing it by hand.
- ✓ A farm can produce many different products/produce to sell; such as milk, eggs, butter, cheese and many more.



Vocabulary

- Diet**- the sum of food consumed by an organism.
- Exercise**- bodily activity that enhances or maintains physical fitness.
- Lifestyle**- the way a person lives.
- Nutrients**- compounds in foods essential for the body.
- Balanced diet**- eating the correct amount of foods from the 5 food groups.
- Food groups**- a group in which foods can be sorted into (5 in total).
- Vitamins and minerals**- nutrients your body needs to function correctly.
- Proteins**- for growth and repair to the body.
- Carbohydrates**- broken down by the body to form energy.
- Fats and sugars**- a food group that provides energy quickly.
- Fruits and vegetables**- provide vitamins and minerals for the body.
- Eat Well Plate**- a guide to show the correct proportions of each food group.
- Plant**- produce grain, fruit and vegetables for animals and humans to eat.
- Seed**- the start of a plants life.
- Germination**- when a seeds begins to grow.
- Stem**- the part of the plant that holds it up straight.
- Roots**- anchor the plant into the ground and stops it from falling over.
- Leaves**- collect water and sunlight to create food and energy for the plant.
- Petals**- attract insects to help with pollination.
- Pollination**- helps to create new plants and seeds in the future.
- Produce**- an item that is grown/made and sold.
- Farm**- an area of land that is used to grow plants/create food that will be eaten.
- Local**- an area of land close by.
- Living**- the opposite of not living.

