



What makes a superhero?

National curriculum link: Animals including humans
Year 2, HTI



Key vocabulary (Substantive knowledge).

Human	A person	Protein	Nutrients found in foods such as meat and fish that keep our muscles healthy .
Healthy	In good condition in body and mind	Dairy	Food/drink made from milk that help keep our bones and teeth strong .
Unhealthy	Not in good condition in body and mind	Fats	Fats are nutrients in food that the body uses as fuel. There are good fats and bad fats.
Hygiene	Keeping yourself clean	Muscles	Muscle lies under the skin and provide the tug on the bones needed to bend, straighten, and support joints.
Carbohydrate	Nutrients found in food eg: pasta, bread, rice that give you energy .	Diet	The different foods that you eat.
Exercise	Activities that keep you healthy		

Career ideas:
Doctor,
Chef,
Personal trainer (Joe Wicks)

Key facts (Substantive knowledge).

Muscles are parts of your body that give you power and strength.

You should brush your teeth twice a day.

Exercise keeps us healthy.

You should eat at least 5 portions of fruit/vegetables every day.

Washing is important to prevent infection and the spread of diseases.

It is important to eat a balanced diet - see eat well plate.

