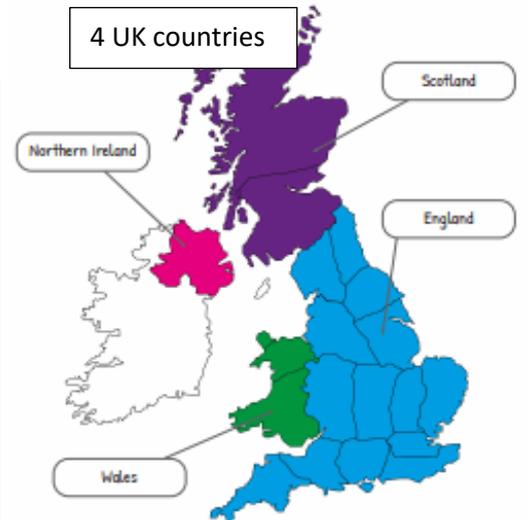
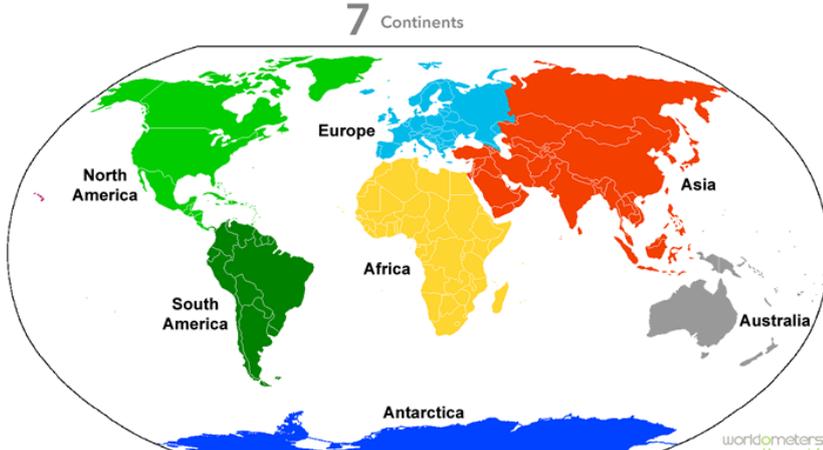


# Food, Glorious Food!

Year 2  
Autumn 1  
Knowledge  
Organiser

## Geography

Geographers are special scientist who study the Earth, land and people.



5 oceans: Pacific Ocean, Atlantic Ocean, Indian Ocean, Southern Ocean and Arctic Ocean

**WHAT HAPPENS TO MY BODY DURING EXERCISE?**

- MY HEART BEATS FASTER** I BEGIN TO SWEAT
- I GET THIRSTY
- MY BODY TEMP INCREASES
- My brain produces endorphins
- I BREATHE HARDER
- BLOOD FLOW INCREASES
- To my Brain I get a tired feeling
- To my Muscles I get a tired feeling
- INCREASE IN PRESSURE TO MY BONES
- It gets difficult to talk

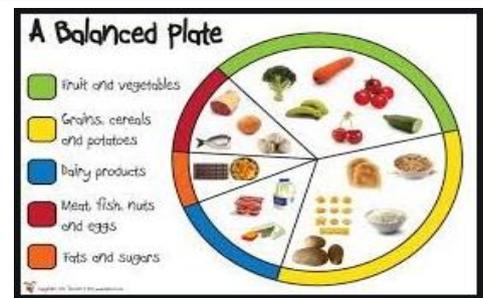


## Science

Plants need water, light and a suitable temperature to grow and stay healthy.

Humans need exercise, a balanced diet and good hygiene to stay healthy.

5 food groups	I should eat these food because:
Meat, fish eggs and nuts	they help me grow
Dairy products	they keep my bones and teeth healthy
Fruit and vegetables	help fight off germs
Potatoes, pasta and grains	they give me energy
Fats and sugars	a small amount is good for me



<b>Key Science Words:</b>	balanced	exercise	healthy	hygiene	diet
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**Art and Design** - Giuseppe Arcimboldo was an Italian artist during the 16th century. He is known for creating imaginative portrait heads made of objects such as fruits, vegetables, fish and flowers.



**Giuseppe Arcimboldo**