

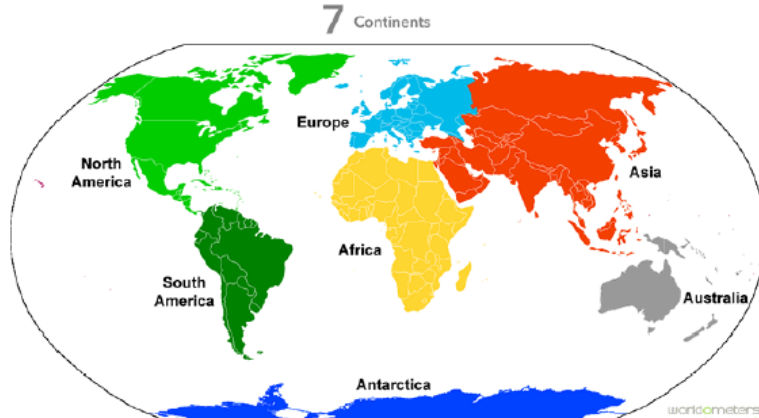
Food, Glorious Food!



Year 2
Autumn 1
Knowledge
Organiser

Geography

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



4 UK countries



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

Science

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

word	meaning
exercise	an activity requiring physical effort
balanced diet	eating a variety of foods
hygiene	keeping all parts of the outside body clean and healthy
healthy	working to the best it can

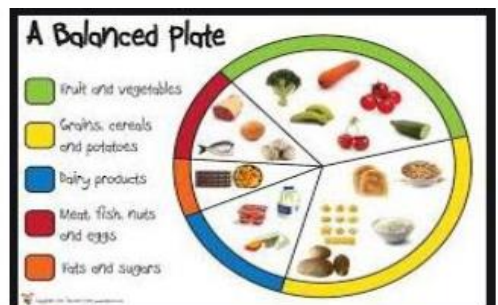


Personal hygiene

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



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