

# Knowledge organiser

Vocabulary	
border	the point where two countries meet
city	bigger than a town, a place where people live and work
country	an area of land controlled by its own government
human features	things in a landscape that have been built by people
physical features	natural things that have not been built, e.g. seas, mountains, rivers
population	the people living together in the same place
settlement	a place where people live and work, e.g. city, town, village
town	bigger than a village, a place where people live and work
village	smaller than a town, a place where people live and work

## Flags of the UK



The Red Dragon – Wales



St Andrew's Cross – Scotland



The Union Jack – United Kingdom (UK)



St George's Cross – England



St Patrick's Cross – Northern Ireland

# Map of the UK



## Food - A balanced diet

Alternative	Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps.
Diet	The food and drink that a person or animal usually eats.
Balanced diet	Eating a variety of foods from all five different food groups.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Expensive	Something that costs a lot of money.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Packaging	The packet or container, which holds a product safe, ready to be sold. It has information on about the product.
Refrigerator	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

## Key facts

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar



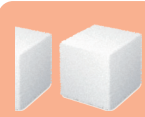
**Hidden sugars:** Many unexpected food products can have high amounts of sugar such as pasta sauces and fizzy pop.

A jar of tomato pasta sauce



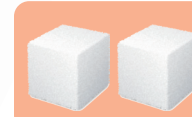
20 grams

One plain white bagel



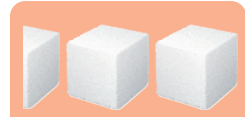
6 grams

One granola bar



8 grams

Fruit fromage frais pot



10 grams

## Year 2 - Valuing Difference

### Key questions

#### Being Kind and Helping Others

What can you do if you feel left out? How can you help someone who is being left out?

Why do people leave others out?

#### Listening Skills

What makes someone a good listener?

How can you be a good listener?

How does being a good listener help you?

How does being a good listener help other people?

What is a different point of view?

Can listening skills help with arguments?

How can good listening skills help with arguments?

Why is it important to listen to another person's point of view?

### Key vocabulary

unique calm point of view  
behaviour listening feelings  
helpful problem unkind  
respect different arguments  
kindness listen  
special people

### I can ...

I can say how I could help myself if I was being left out.

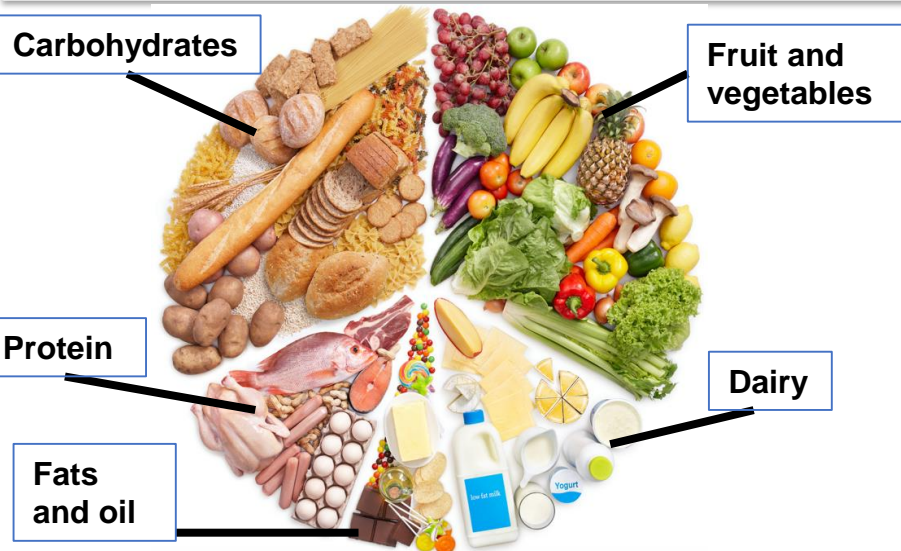
I can give a few examples of good listening skills and I can explain why listening skills help to understand a different point of view

# Human lifestyle | Year Two | Autumn 2

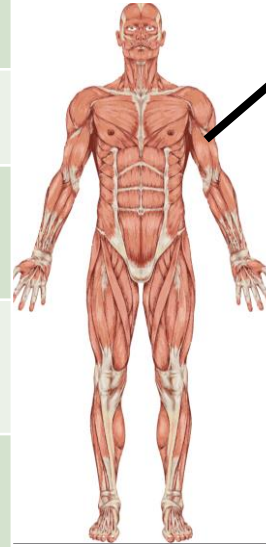
## Food groups

Carbohydrates	e.g. pasta, rice, potatoes	Give your body energy.
Protein	e.g. meat, fish, eggs, beans	Protein helps your body to grow and repair itself.
Dairy	e.g. milk, cheese, yoghurt	Contains lots of calcium which keep your bones and teeth strong.
Fruit and vegetables	e.g. apples, tomatoes, carrots	Contain lots of vitamins which keep you healthy.
Fats and sugars	e.g. chocolates, crisps, butter, fizzy drinks	These foods are not very healthy. It is important not to eat too many foods from this group.

## Balanced diet



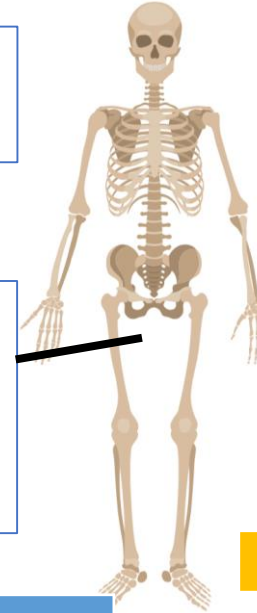
## Muscles



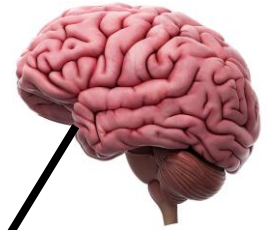
Help our bodies to move.

Gives the body its shape. Protects the organs.

## Skeleton

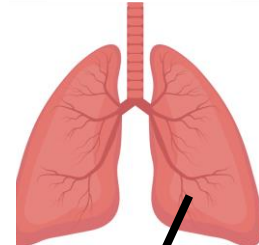


## Brain



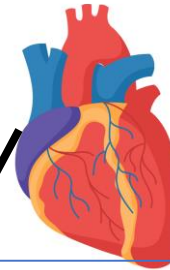
Controls your actions and helps you to learn new things.

## Lungs



Help us to breathe air in and out.

## Heart



Pumps blood and oxygen around the body.

## Keywords

Exercise	Moving parts of the body to become stronger and healthier.
Healthy	Feeling well and happy.
Hygiene	The things we do to keep our body clean and help stop the spread of germs.
Germs	Tiny living things we cannot see with our eyes. They can live on our bodies.

## Investigations:

- How far can a sneeze spread?
- How does exercise affect your breathing?