




**Reedley Primary School**  
**Year 2 Knowledge Organiser: Fighting Fit (Science- healthy life styles)**

Vocabulary Dozen		Diagrams	
<b>exercise</b>	Activity done to keep the body or mind strong or to make them stronger.	 <p style="color: red; font-size: small;">Healthier lunchboxes</p>	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">Stay active</div>
<b>healthy</b>	Being free from sickness; well; fit.		
<b>balanced diet</b>	The food and drink usually eaten and drunk by a person or animal to keep them healthy.		
<b>germs</b>	A microscopic organism that causes illness. Bacteria and viruses that cause diseases are called germs.		
<b>hygiene</b>	The practice of keeping clean to stay healthy and prevent disease.		
<b>medicines</b>	A drug or other substance used to treat a disease, injury, pain, or other symptoms.		
<b>alive</b>	Having life; living.		
<b>food</b>	Anything that contains nutrients and is eaten by living creatures in order to maintain life, health, and growth.		
<b>air</b>	The mixture of gases that surrounds the earth. Air is made up of oxygen, nitrogen, and other gases, and has no taste, odour, or colour.		
<b>water</b>	A clear liquid that has no taste or odour. Water takes the form of rain, rivers, oceans, and lakes and is a requirement for most forms of life.		
<b>growth</b>	The process of growing.		
<b>nutrition</b>	Food; nourishment.		


These pictures show the stages you go through as you grow from a baby into an adult.

Which of these stages are you at now?


**adult**




**teenager**




**child**



**toddler**



**baby**





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