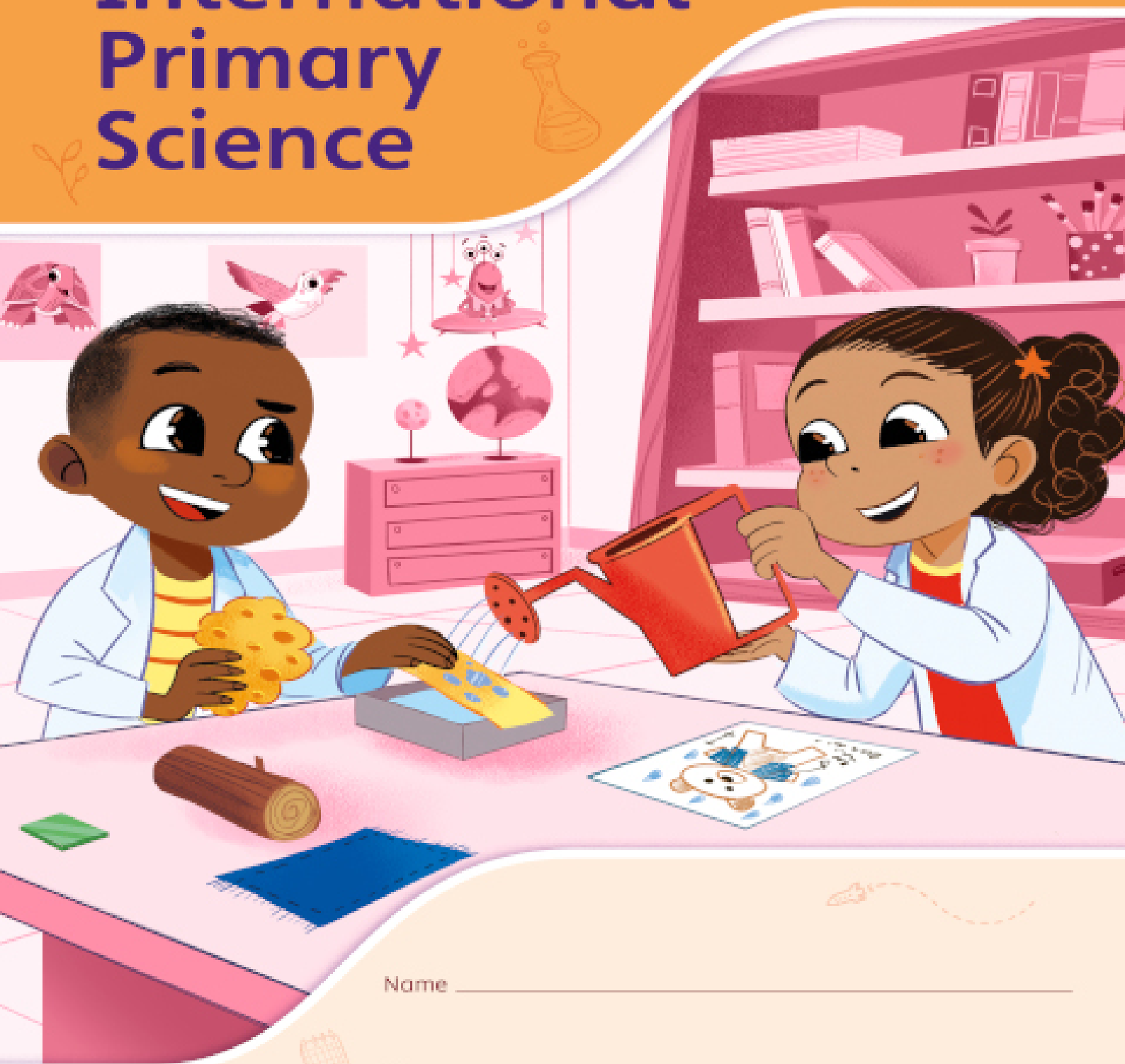


Year 2
Workbook

Pearson International Primary Science



Name _____

Class _____





Year 2

Workbook



Pearson

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Health and growth

Humans need food to grow. The correct amount of food and water keeps humans alive. There are many ways we can help ourselves to stay healthy.

In this topic we will learn:

- that humans need the correct amounts of food and water
- that there are many types of food and diets
- about the main food groups
- that a balanced diet contains the correct amount of all the main food groups
- that we need to exercise to stay healthy
- that human and animal babies need different parental care
- that personal hygiene and food hygiene are important for health
- why humans take medicines.



Exercising keeps us healthy.
I like playing cricket and football to stay healthy. What exercise do you like to do?



Here are some key words to help you

food groups

energy

starchy

balanced diet

sugary

exercise

fatty

clean

medicine



Choose two key words from the box above.
Write or draw what they mean.

A large empty rectangular box for writing or drawing.

Food and water

- 1 a) Complete the sentences using the words in the box. Use each word once.

regularly amounts exercise cool healthy

Humans need food and water in the correct _____ to stay _____.

Humans sweat when they are hot and when they _____. Sweat helps to _____ our bodies.

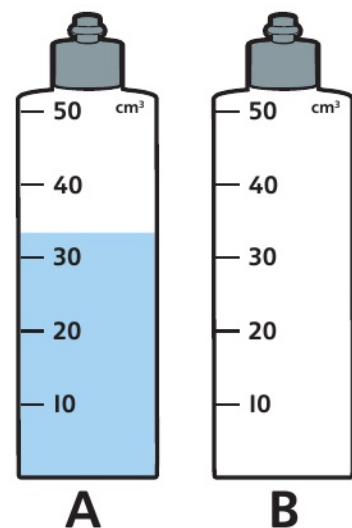
We need to drink water _____.

- b) Which life process is each of these?

eating food _____

exercising _____

- 2 These are drinking bottles for water.



a) How much water is in bottle **A**? ____ cm^3

b) Draw 40 cm^3 of water in bottle **B**.

- 3 Ahmed records how many glasses of water he drinks every day for 5 days.

Day	Number of glasses of water	Totals
Monday		2
Tuesday		
Wednesday		
Thursday		6
Friday		

a) Draw the missing tallies and complete the totals.

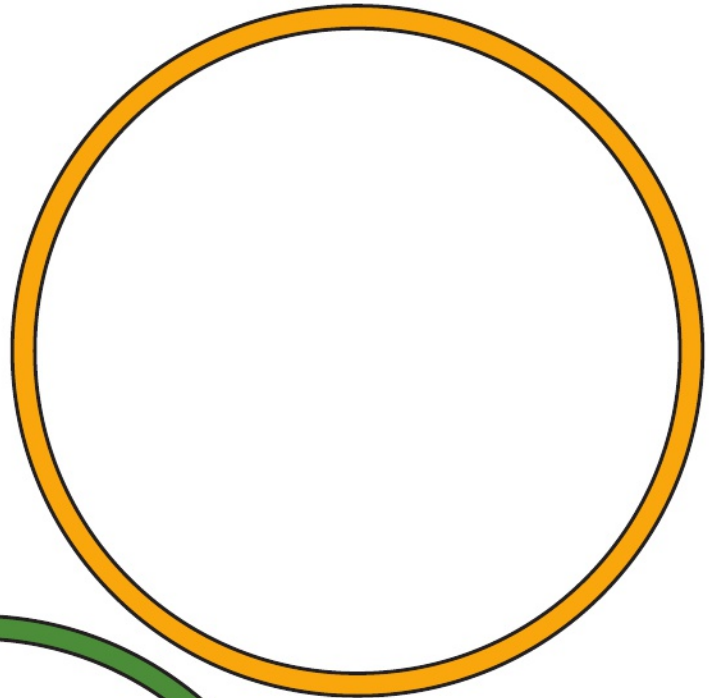
b) On which day did he drink the most water?

Balanced diet

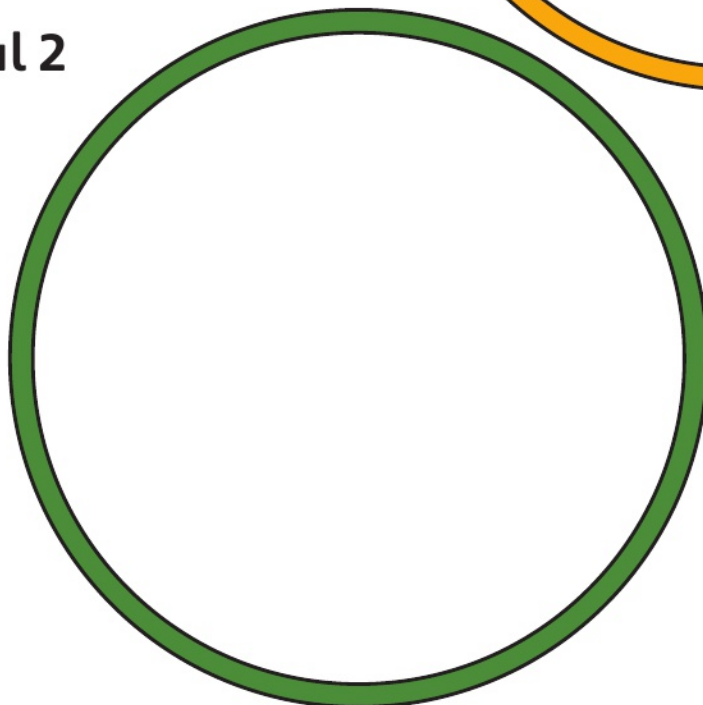
- 1 What does a balanced diet mean?

- 2 Draw **two** different meals that you like to eat. Label the foods.

Meal 1



Meal 2



3 A shop has these pictures on food to show which foods are free from certain things.



MEAT FREE



DAIRY FREE



EGG FREE



NUT FREE

What are each of these foods free from?

A



B



C







D



Sugary food

1 Circle the picture showing sugary food.

			
bread	butter	biscuit	egg

2 Circle the drink that humans need every day.

			
cola	lemonade	milkshake	water

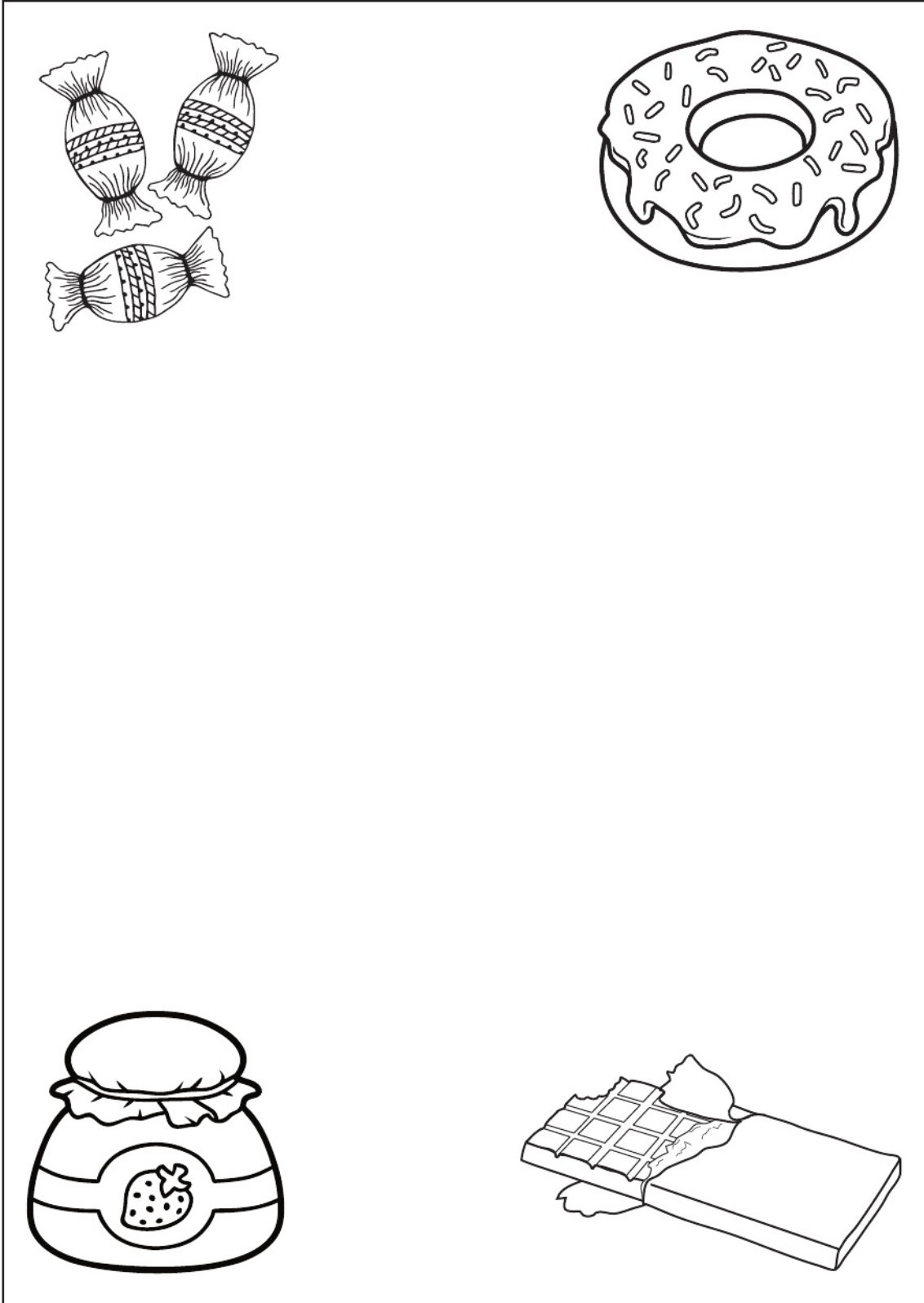
3 Why do we put sugar in food?

4 a) Which living things does sugar come from?

b) What do these living things use to make sugar? _____

c) What sugary food do bees make?

- 5 Complete this poster to tell people not to eat too much sugary food. Add words and pictures before you colour.



Starchy food

1 Circle **two** starchy foods.

				
bread	chocolate	ice lolly	mango	pasta

2 Circle **three** plants that give us starchy food.

rice

strawberry

sweet potato

wheat

potato

apple

3 Name **three** things that we can make with flour.

1. _____

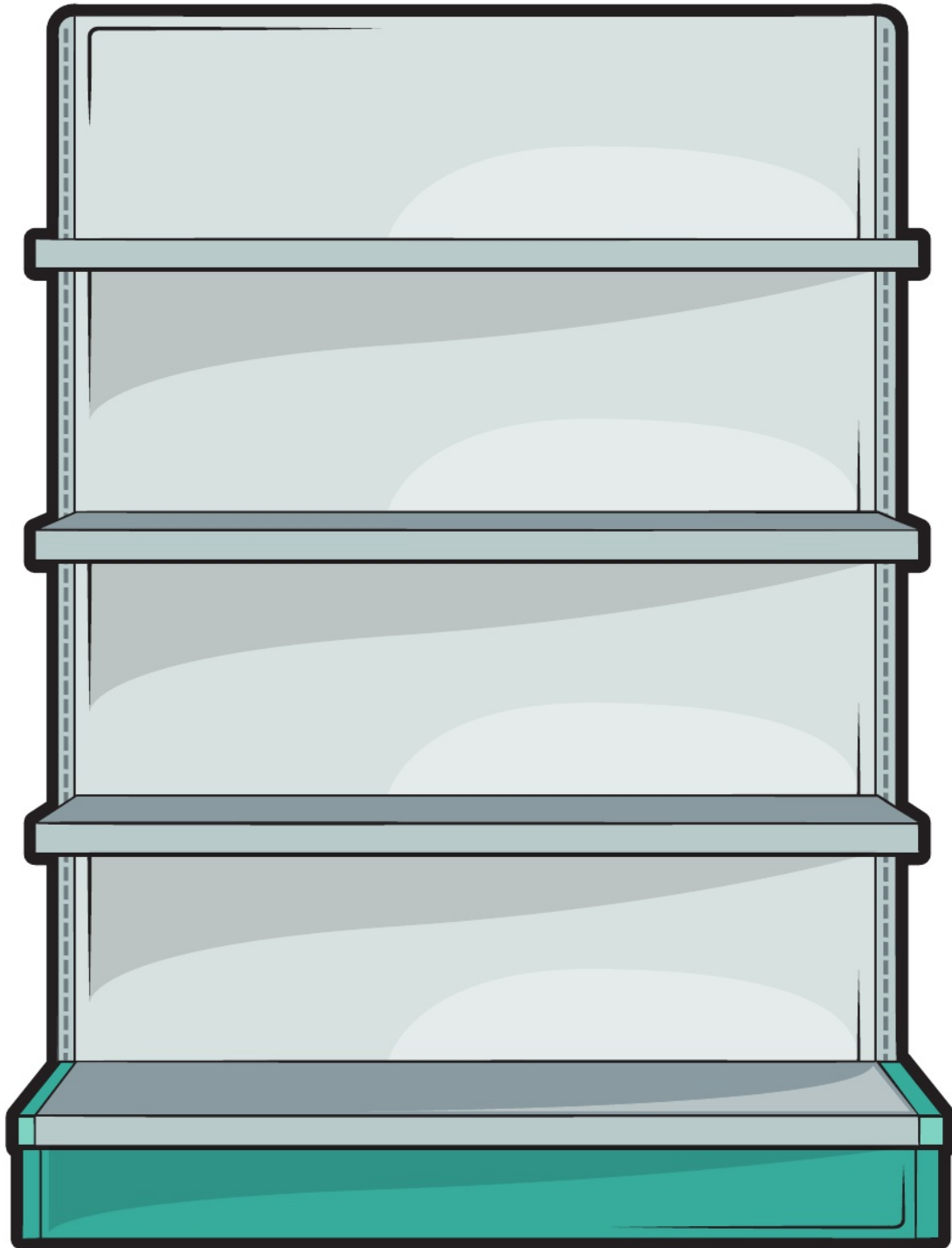
2. _____

3. _____

4 What do starchy foods slowly give our body?

- 5 These shelves are in a shop near where you live. The shop sells **starchy** food.

Draw food on the shelves in packets. Write on the packets to show what is in them.



Protein

1 Circle **two** foods that contain a lot of protein.

				
cabbage	cheese	cake	fish	melon

2 a) Circle foods that people who have a vegetarian diet do **not** eat.

oranges meat bananas water

ice cream biscuits chicken cream

b) Name **four** foods that contain a lot of **protein** that a person who has a vegetarian diet could eat.

1. _____

2. _____

3. _____

4. _____