

Knowledge Organiser - Science - Animals including humans - Growth - Key Stage 1 - Summer 1 2025

Careers connected to the human body:
doctor, nurse, massage therapist,
personal trainer, theatre technician



What I already know

- I have explored the natural world around them, making observations and drawing pictures of animals and plants
- I have described my immediate environment using knowledge from observation, discussion, stories, non-fiction texts and maps
- I have learnt that animals are living things

Sticky Learning



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Daily Needs of a Human

a place to live food water air sleep



Food Pyramid



Fats and Oils
Meat and Fish
Milk, Cheese and Dairy
Fruit and Vegetables
Bread and Cereal

Core Learning



1. Describe the needs of animals for survival



2. Describe the needs of humans for survival



3. Explore the importance of eating the right food



4. Describe what a healthy, balanced diet looks like



5. Investigate the impact of exercise on our bodies



6. Investigate hygiene





Draw or write examples of the different types of food.

Pre-cooked Food



Processed Food



Fresh Food



Frozen Food



Tinned Food



What five things does a human need to survive?

_____	_____	_____	_____	_____
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What can you do to keep yourself clean?

Label the foods found in the layers of the food pyramid.





Rocket Words

nutrition	food that provides nourishment to live and grow
healthy	being well and fit
protein	a food group, consisting of meat, seafood, eggs, nuts and more, which help the body repair cells
carbohydrate	a food group, including rice, bread and pasta, which give the body energy
dairy	a food group, including cheese, milk and yoghurt, which contains calcium to keeps our bones strong
fat	a food group that are important for energy but only needed in small amounts
exercise	activity requiring physical effort, carried out to improve health and fitness
hygiene	the things you can do to keep yourself and your surroundings clean