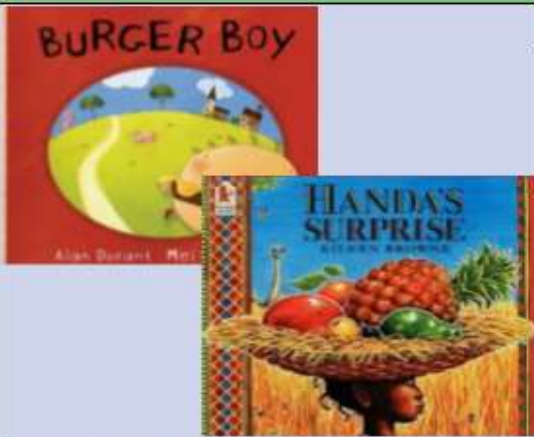


Year 2 Knowledge Organisers

Autumn 2020-2021

Year 2: Healthy Living Knowledge Mat

Subject Specific Vocabulary		Interesting Books	Sticky Knowledge about healthy living
healthy	Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep		<input type="checkbox"/> Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
diet	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.		<input type="checkbox"/> All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
off-spring	You can refer to a person's children or an animal's young as their off-spring.		<input type="checkbox"/> Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients.
exercise	Means to keep your body healthy by running, walking and playing. You will need to feel out of breath if you have exercised properly.		
proteins	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds	Important facts to know by the end of the healthy living topic: <ul style="list-style-type: none"> • Know that animals, including humans, have young animals that look like them. • Know that the babies will grow into adults. • Know what humans need to survive (including food and water). • Know what animals need to survive. • Know why it is important to exercise. • Know why it is important to eat the right amounts of food. • Know why it is important to keep clean and wash regularly. 	
carbohydrates	Carbohydrates are sugars (such as fructose, glucose, and lactose) and starches, which are found in foods such as starchy vegetables, grains, rice, breads, and cereals.		<input type="checkbox"/> It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
fats	Fats are found in meat and other animal products, such as butter and cheese.		<input type="checkbox"/> Keep your mouth happy by brushing and flossing to have healthy teeth and gums.
nutrition	Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues.		<input type="checkbox"/> It's important to have 30-60 minutes of exercise every day. This can include running around and playing games with friends.
survival	Survive usually means to succeed in keeping alive against odds		
hygiene	Taking care of our body by being clean and making sure we don't smell.		

The Great Fire of London

Key Events and Facts	
When and where did the fire start?	The fire started on Sunday 2nd September 1666 in Thomas Farriner's bakery on Pudding Lane.
Why did the fire start?	The fires used for baking were not put out properly.
Why did the fire spread so quickly?	In 1666, the buildings in London were made of wood and straw and they were very close together, making it easy for the flames to spread. It had also been a dry summer, so the buildings were dry. Strong winds were blowing, which helped the flames to spread.
How did people try to put the fire out?	People used leather buckets and water squirts to try to put the fire out, but these did not work. Later in the week, King Charles II ordered buildings to be pulled down to stop the flames from spreading.
How and when was the fire put out?	By Thursday 6th September, the wind had died down. This meant that people were able to put out the flames.

Key Vocabulary	
bakery	A place that makes bread, cakes, etc.
St Paul's Cathedral	A very large church in London. A new St Paul's Cathedral was built after the fire.
diary	A book that people write about their lives in.
firebreak	A gap that stops a fire spreading to nearby buildings.

Key People		
		
Samuel Pepys	Thomas Farriner	King Charles II

The Great Fire of London

Timeline of Events

Monday 3rd September 1666

The fire gets very close to the Tower of London.

Tuesday 4th September 1666

St Paul's Cathedral is destroyed by the fire.

Sunday 2nd September 1666

The fire starts at 1 a.m.

Mid-morning: Samuel Pepys starts to write about the fire in his **diary**.

Wednesday 5th September 1666

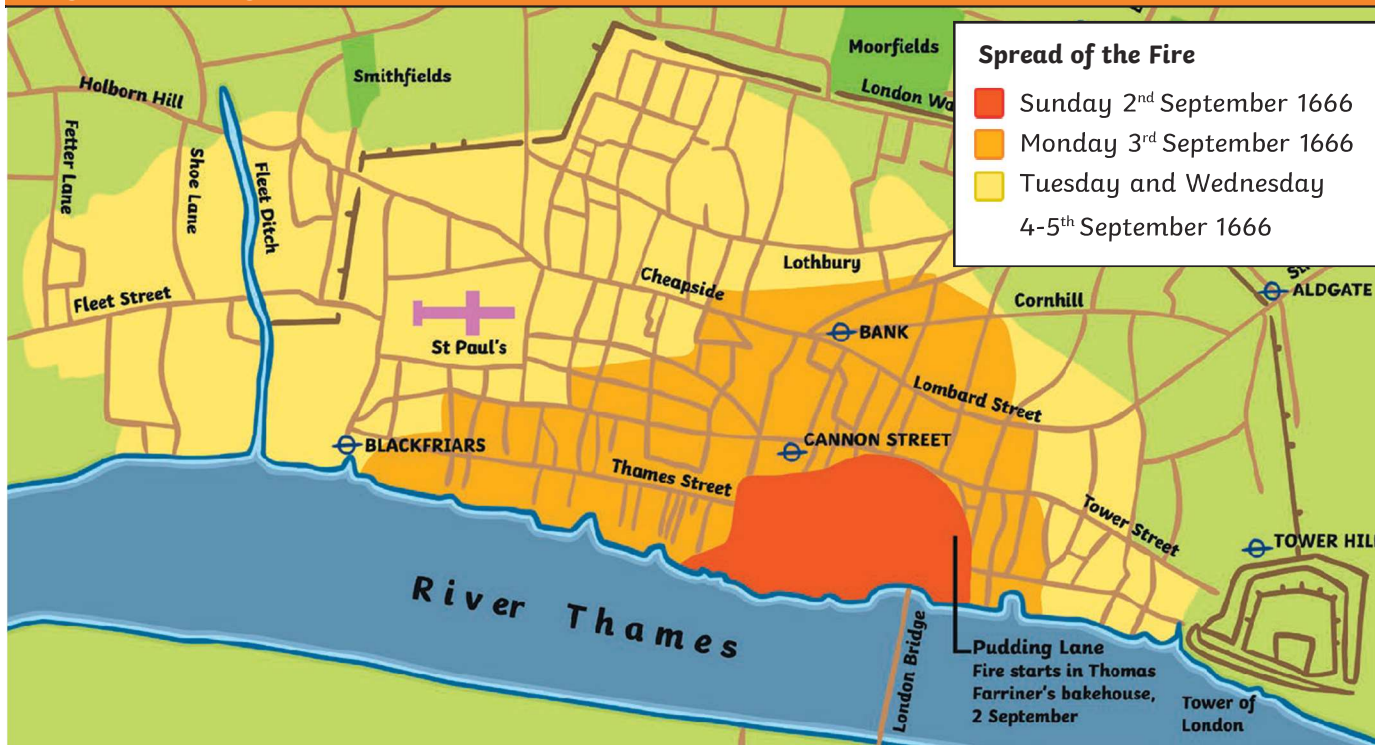
The wind dies down and the fire spreads more slowly.

Thursday 6th September 1666

The fire is finally put out.

Thousands of people are left homeless.

Key Knowledge



leather water bucket



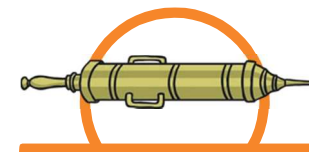
St Paul's Cathedral



Tower of London



axe



water squirt



fire hook