

Salesbury Super 6 Knowledge Organiser for KS1

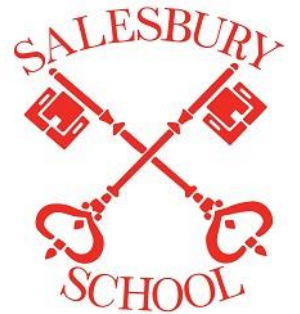
Learning Focus: Science & DT (Living it up)

Key knowledge to learn

- 1 Internal body parts.
- 2 External body parts.
- 3 Identify and name the five senses.
- 4 How we look after our bodies.
- 5 Understanding of food groups.
- 6 The importance of good hygiene.

Vocabulary

Balanced diet	Different types of food that gives the right amount of nutrition.
Nutrition	From food needed for health and growth.
Healthy	In good health – physically and mentally.
Senses	One of five natural abilities - touch, sight, smell, hearing taste.
Hygiene	Keeping clean and healthy by reducing the number of germs.
Internal/External (body parts)	Internal – inside the body External – we see these parts on the outside of the body.



You can find out more by:-

<https://www.bbc.co.uk/bitesize/articles/zxy987h>