



SCIENCE YEAR 2

HUMANS AND ANIMALS:
FOOD AND SURVIVAL

Survival is seen as the process of remaining alive.

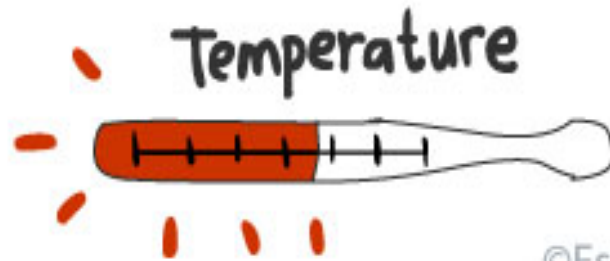
What do humans need to survive?

Make a list of all the things you think a human needs to stay alive.

Do animals need the same things? Why/Why not?



Basic needs of
a living organism



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All living things need these 5 basic needs.

Which do you think is the most important and why?

Today we are going to focus on Food and Water.

Water



It is estimated that a person cannot survive for more than 3-4 days without water.

Different animals need different amounts of water.

If there is no water a human or animal becomes ill because their organs stop working properly. They cannot survive.

Clean water is needed to keep a body healthy. Dirty water can lead to illness.

Food

If you have a good water supply the next essential need is food.
Food gives bodies the energy to stay healthy and to be able to function properly.

A human or animal needs to move around to get shelter and or water and needs energy to do this.

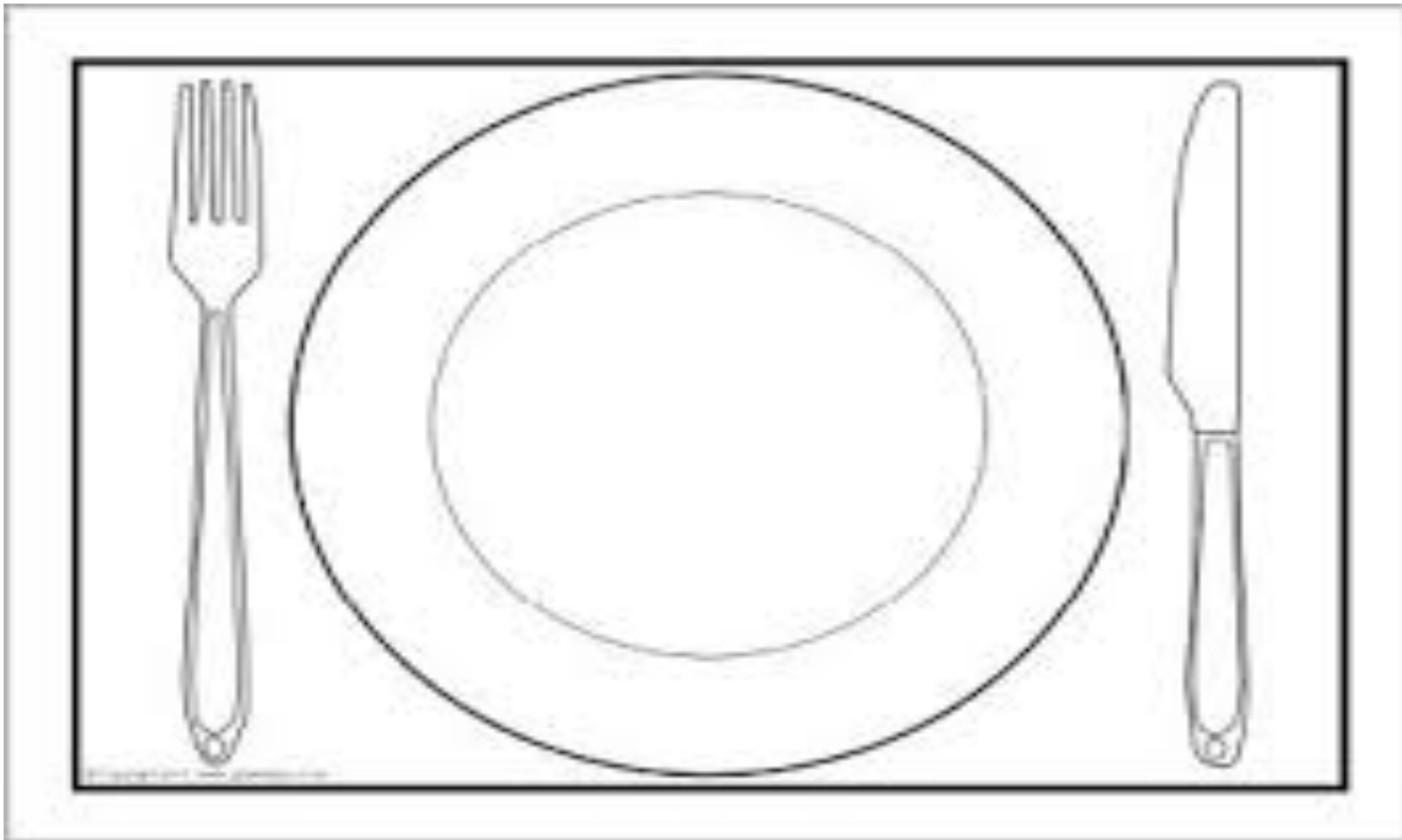
Brains are also fuelled by food energy.

A body that does not have food can survive for quite a long time by using up fat reserves in the body.



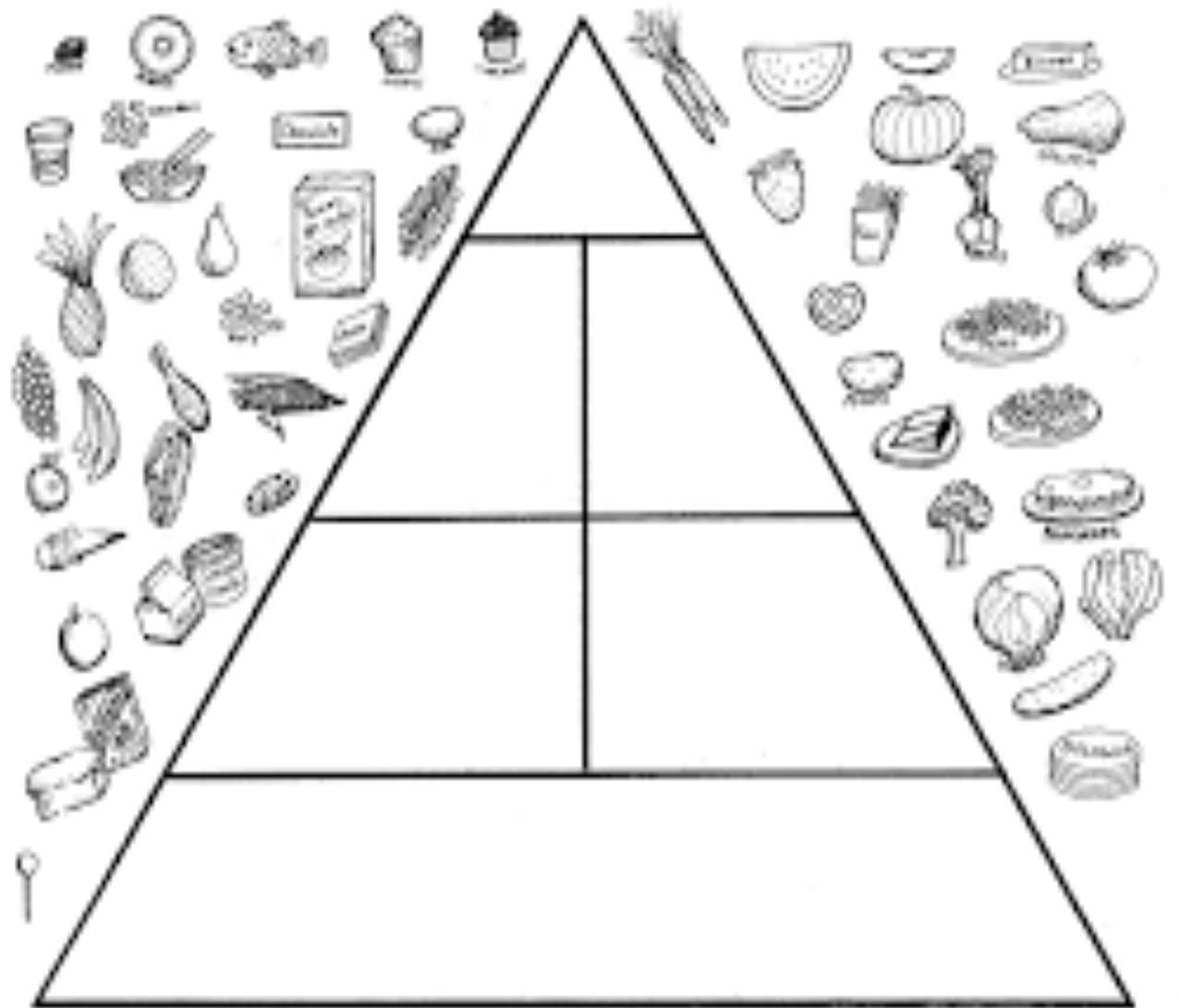
What food do you like?

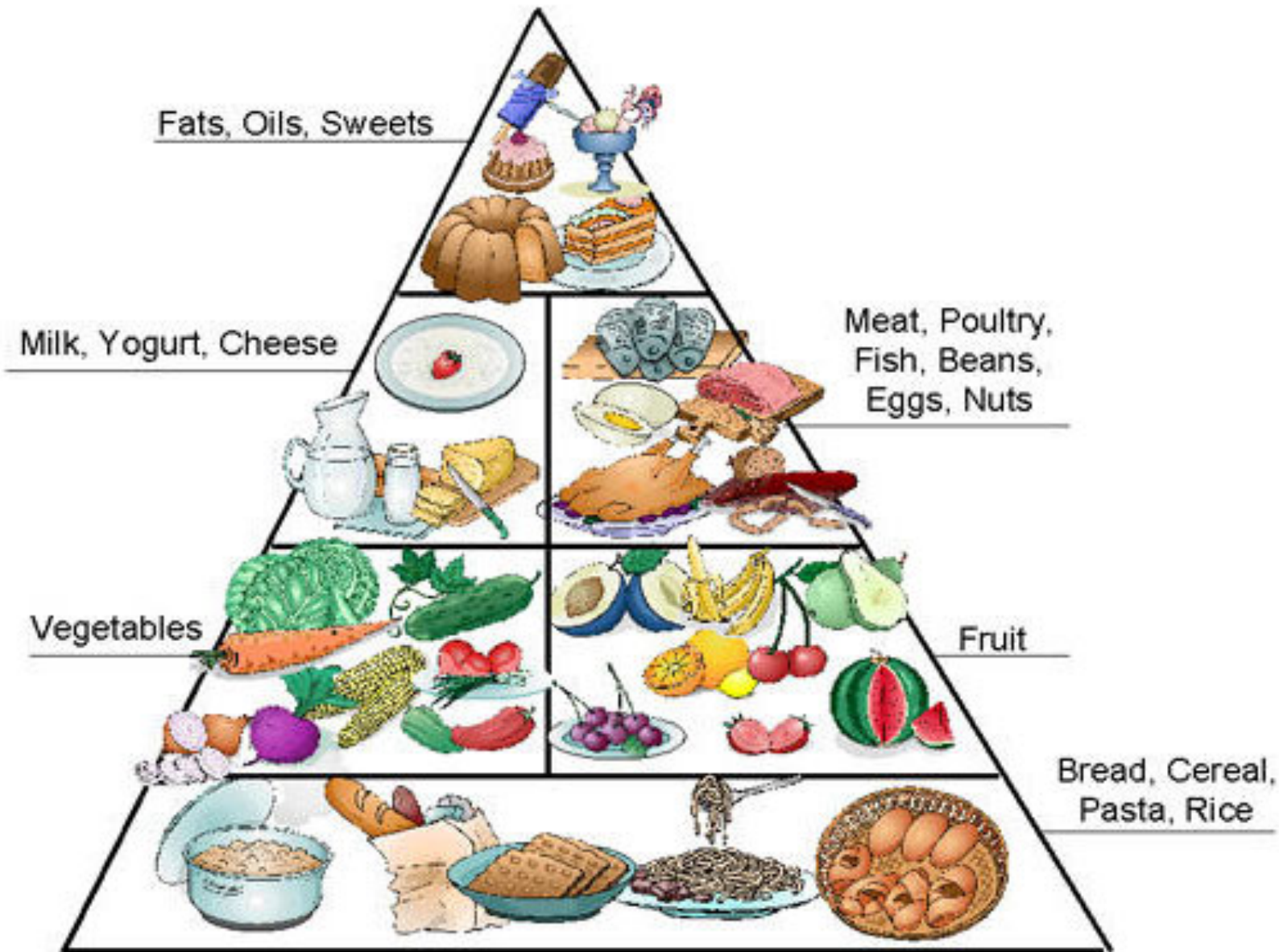
Draw a plate of your favourite meal.



What foods are healthy?
What foods are unhealthy?
Think back to our Jed and Ted
work last year.

In science, there is a food
pyramid of foods we should eat
more of and foods that we
should eat less of. The foods at
the top we should eat less of
and the foods at the bottom we
should eat more of.





This is the food pyramid.

On the next page is the Eatwell food plate, which is another way of showing this.

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated fat	Sugars	Salt
1048kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	83%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

This is a food diary.

Over the next week, we would like you to keep a food diary of everything you eat and drink.

At the end of the week, think about how healthy it is? Are there some things you could swap?

For example: Mr Price is having a banana for breakfast instead of Coco Pops and trying cinnamon in his coffee instead of sugar.



Name _____ Date _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							