

Year 2, Topic 1, Switched on Science



SWITCHED ON **Science**

Second Edition

Healthy me

In this topic you will:

- say what you can do to be safe and happy
- say why exercise is good for you
- know what kind of foods help you to stay healthy
- say why personal hygiene is important to help you stay healthy.

Key vocabulary

- Cough
- Exercise
- Food
- Fruit
- Germs
- Happiness
- Healthy
- Hygiene
- Sneeze
- Vegetables



Did you know?



- That there are usually 10 segments inside an orange.
- Is that true? How could you find out?

What makes you happy?

Which person makes you feel happy?

What is your favourite thing to do?

Which food helps to make you feel happy?

Which place makes you feel happy?

Which animal makes you happy?



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What do you do to cheer yourself up?

How do you know that these children are happy?



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Smiling is really important

Did you know that:

- Smiles are catching – if we see someone smiling, it makes us smile
- Smiling can make you feel happy
- Smiles are like medicine - they make you feel better.

What makes you smile?



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Share with your friend

Tell your friend about the things that make you happy.

Listen to your friend; what makes your friend happy?

Which things does your friend like that you like as well?

What things do you like that your friend doesn't?



Let's think like scientists

Why do we need to keep fit?

How do we feel when we keep fit?





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How do you keep fit?

What do you do?

**Which one do you think is
the best way to keep fit?**

Why do you think that?



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Let's think like scientists

Why do you think that riding a bike is good for you?

Why do you think the children are wearing helmets?

Why do you think that the children are wearing reflective jackets?



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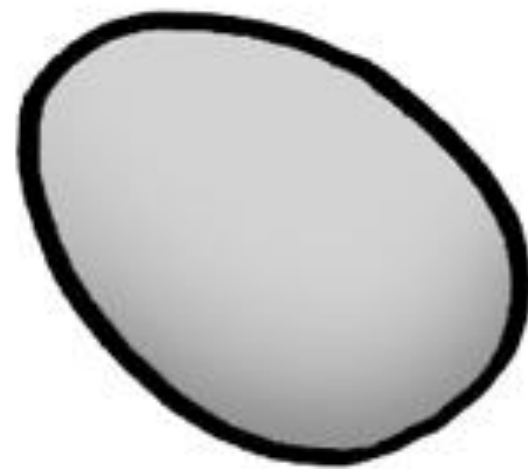
Let's think like scientists



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What do you think will happen if the egg falls off the bicycle?

Design, make and test a helmet for your egg.



How will you test the helmet to make sure it works?



If someone needed an ambulance what would you do?

Make a play with your friend about ringing for an ambulance.

What would you say?



Let's think like scientists

- If we ate hamburgers all the time would that be good for us? Why?
- What kind of foods do you think are good for us?
- What food have you had at school this week that you think is good for you?
- Which is your favourite healthy food?



Let's think like scientists



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How many things in this picture can you name?

How many of them do you eat?

**An apple a
day keeps the
doctor away.**



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What do you think?

**Do you think that this
saying is true?**

Why do you think that?

Do you like apples?

Do you eat apples?

What kind of apples do you like best?



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Choose a healthy snack



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Quick Teaser

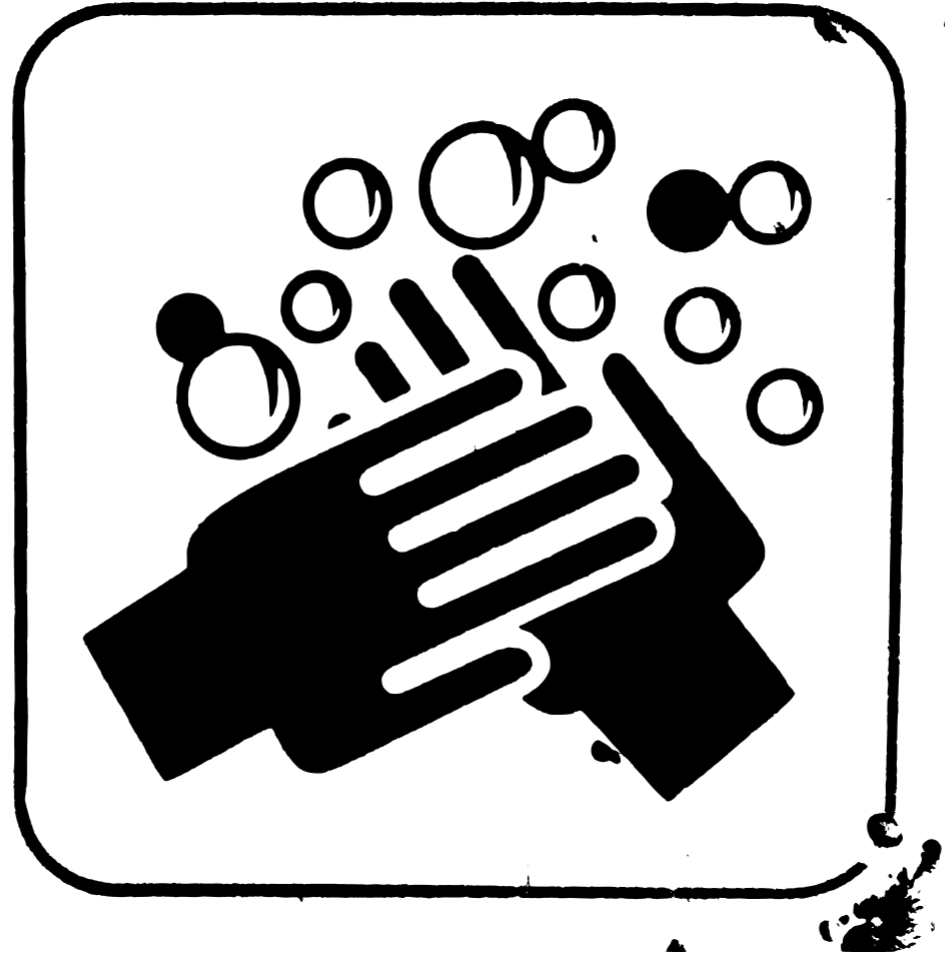
- **Is he being hygienic?**
- **What is he doing wrong?**
- **What should he do?**



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Answer

- No he is not being hygienic.
- He should sneeze into a tissue, then throw the tissue away.
- Then he should wash his hands.



I think, ACHOO!, I have the flu.

I'm sneezing, and ACHOO! ACHOO!

I'm not sure what, ACHOO!, to do.

You say, ACHOO!, don't sneeze on you?

ACHOO! Whoops. Now you've got it too.
--Kenn Nesbitt



Did you know that a sneeze can travel over 10 metres.

Measure 10 metres on the school playground.

That's how far a sneeze can travel!



Bye Bye Germy

Sung to "London Bridge is Falling Down"

Soap and water...paper towel.

Paper towel....paper towel.

Soap and water...paper towel.

Bye bye germy.

Sing these songs to help you remember to wash your hands.

Scrubby Scrubby That's the Way

Sung to "Twinkle Twinkle Little Star"

Wash your hands if you go a-choo.

Soap your thumbs and pinkies, too.

Scrub real good before you eat.

Grab a towel, nice and neat.

Scrubby scrubby, that's the way.

Time for germs to go away.

Remember – you should wash your hands after you have...

Cooked
food

Touched
your pet

Played in
the garden

Blown your
nose

Coughed

Sneezed

Been to the
toilet

Taken out
the rubbish