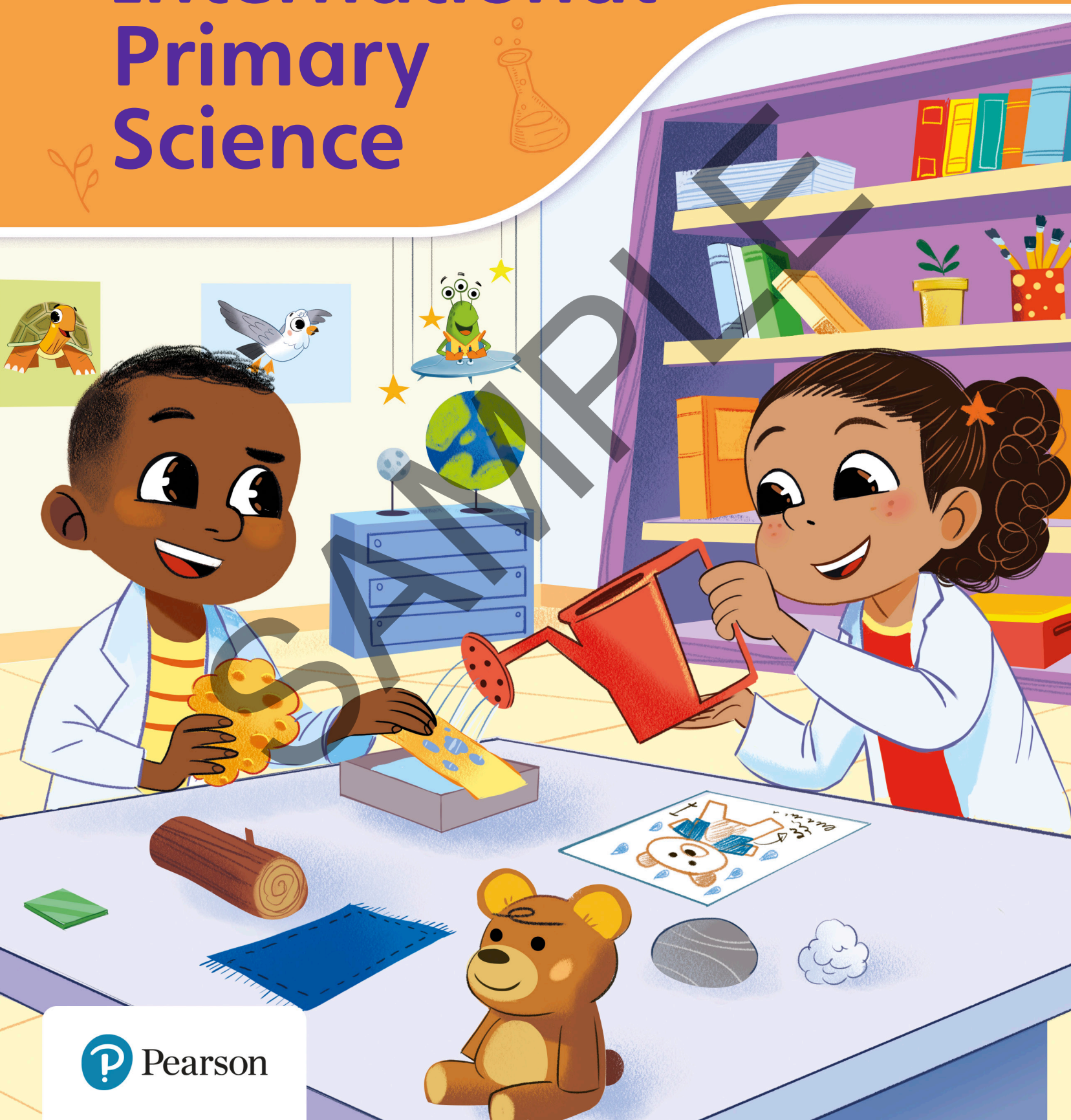


Pearson International Primary Science

Year 2
Textbook



Health and growth

There are many ways we can help ourselves to stay healthy. What could you do?



Humans need food to grow.
The correct amount of food and water keeps humans alive.
Exercise helps us to stay healthy.
Doctors can help people who are unwell.

What foods can you see in the picture?

Food and water

Humans need the correct amounts of food and water to stay alive.



We **sweat** in hot weather and after **exercise**.

We use water from our body to make sweat. Sweat helps to cool our body.

So you need to drink more water when you exercise and when you are hot?

Yes, but you need to drink **regularly** at other times too.



When you are **thirsty** it means your body does not have enough water.

Humans also need to eat food regularly. Food gives us **energy** to run and walk.



Food gives us energy to think, learn and play too.

Water keeps us **hydrated** so we can do all those things.

How often do you eat food and drink water?

Key words

- sweat
- exercise
- regularly
- thirsty
- energy
- hydrated



Balanced diet

Humans need the correct amount and correct types of food.



I can think of **starchy**, **sugary** and **fatty** foods. Are there more types?



Yes. We will look at those later.

We need to eat different types of food to have a **balanced diet**.



A balanced diet is a diet that contains the correct amount of all the different **food groups**.

People around the world have different diets. Many people do not eat meat. Others do not eat any food that comes from animals.



Some people need to eat a **special** diet to stop them from becoming ill.

What sort of diet do you eat? Do you eat meat or fish? Are there any foods you do not like?

Key words

- starchy
- sugary
- fatty
- balanced diet
- food groups
- special

Sugary food

We use **sugar** in cooking to make food taste **sweet**. Sugar comes from plants. The plants make it using sunlight.

These are some of the different sorts of sugar.



Some foods contain lots of sugar. There is sugar in **chocolate**, **cakes** and sweets.

Do you like sweet foods?

Canned drinks often contain a lot of sugar. Some people put sugar into drinks to make them taste sweeter.



Plants use their sugars to make sweet-tasting **fruits**. We eat plant sugars by eating fruit ...

... and so do animals.



We can also sweeten food with **honey**. Honey is made by **bees** after visiting flowers.



Key words

sugar

sweet

chocolate

cakes

fruits

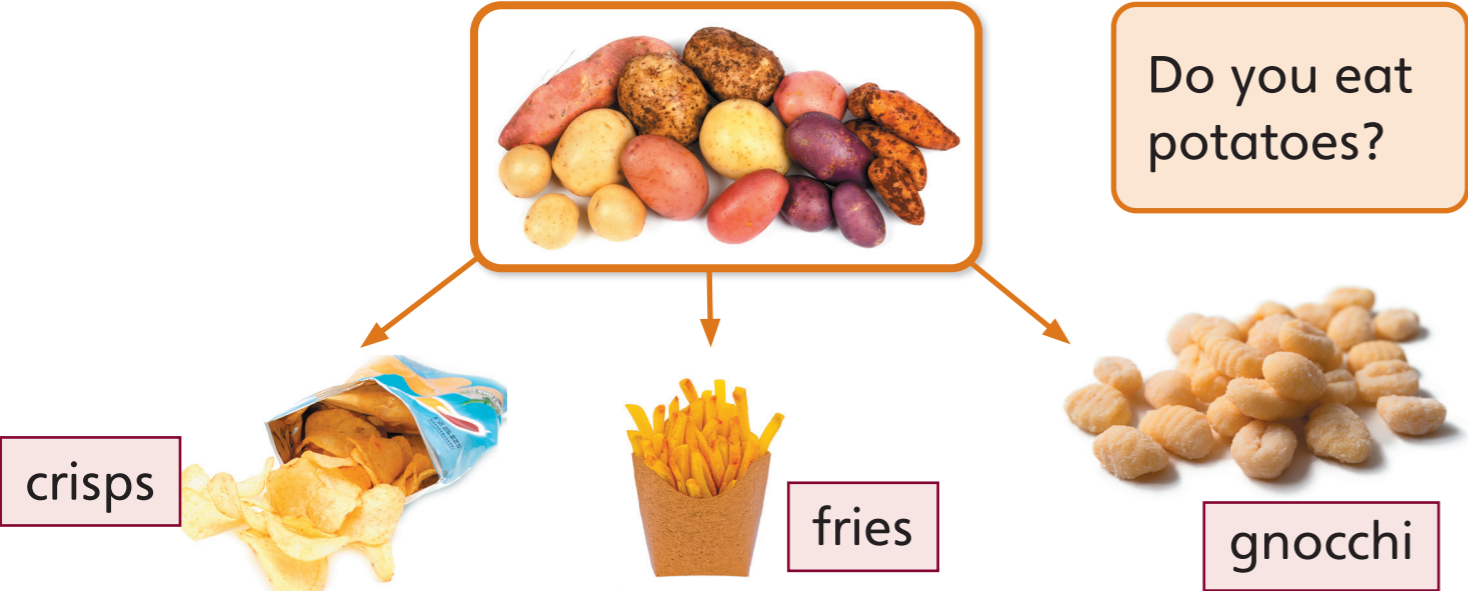
honey

bees

Starchy food

Starchy food comes from plants.
Plants store the sugars they make as **starch**.

When we eat a **potato** we are eating the potato plant's food store.



When we eat potatoes and other starchy foods, we feel full quickly.

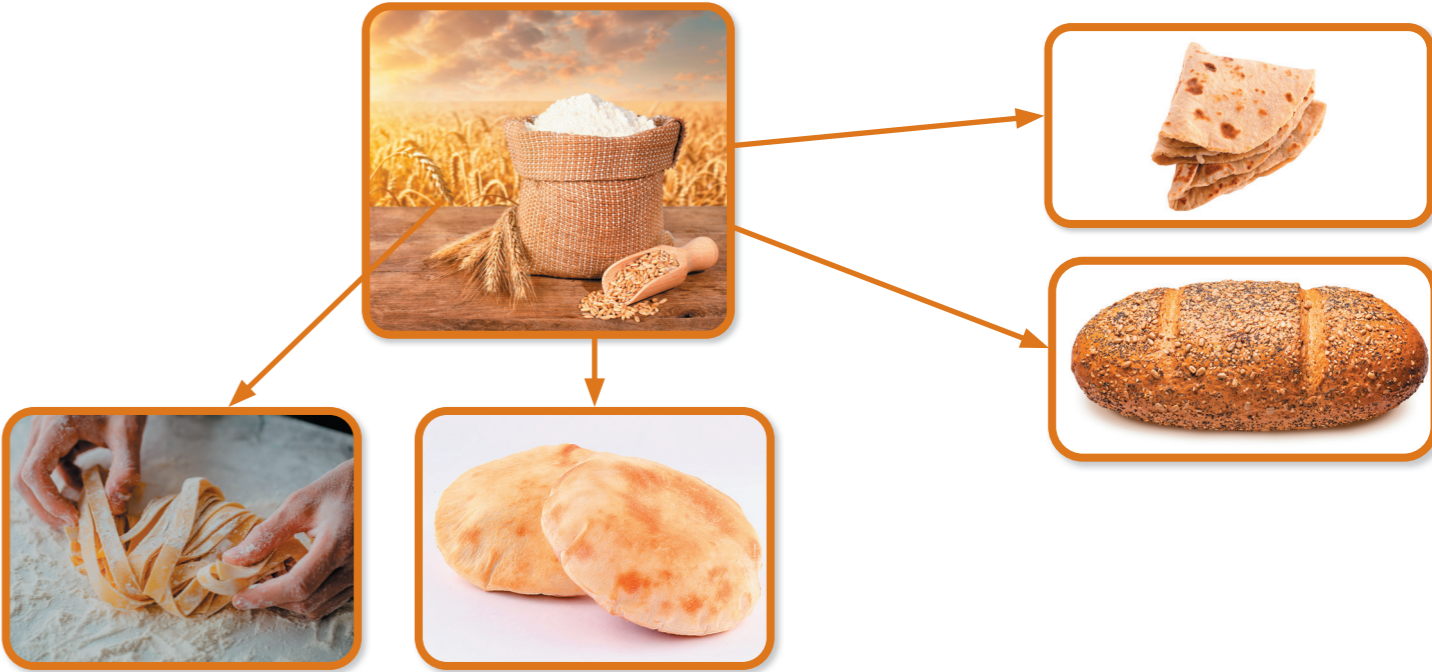
Can you see the **rice** on the plant stems where it grows?



We can make starchy foods using **flour**.
Flour comes from grass plants like **wheat**.

We make these foods with flour. Do you eat any of them?

Can you see wheat in the picture?



Sugary food gives us energy quickly.
We get energy more slowly from starchy food.
When we eat starchy food our body turns it into sugars.

Key words

- starch
- potato
- rice
- flour
- wheat

Protein

Foods that contain **protein** are very important in our diet. Protein helps us to grow.



salmon

lamb



chicken

Meat and **fish** contain a lot of protein.



tuna

Many people do not eat meat or fish in their diet. They have a **vegetarian** diet. They get the protein they need from other foods.

Do you have a vegetarian diet?

Cheese, milk and **eggs** contain a lot of protein.

cheese



milk



eggs



Peas and beans also contain a lot of protein.

Nuts and seeds contain protein too.



almonds



pumpkin seeds



Which protein foods do you and your family eat?

Key words

protein

meat

fish

vegetarian

cheese

eggs

Fats and dairy foods

Fats and **oils** come from both animals and plants. **Butter** comes from animals. **Olive oil** and sunflower oil come from plants.



butter

These are fats.



ghee



olive oil

These are oils.

What foods are cooked with oil?



sunflower oil

We use fats for two different jobs in our body:

- as a food store to give us energy
- to keep our body warm.

Dairy foods often contain a lot of fat.

Milk, cheeses, butter, **ghee**, **cream** and **yoghurt** are all dairy foods.



Do you eat any dairy foods?

Dairy foods are made using milk from mammals.



Dairy foods and oils are often eaten together.

Some people cannot eat dairy food. Instead, they drink milk from plants such as **coconuts** or **almonds**.



Key words

fats

oils

butter

olive oil

dairy

ghee

cream

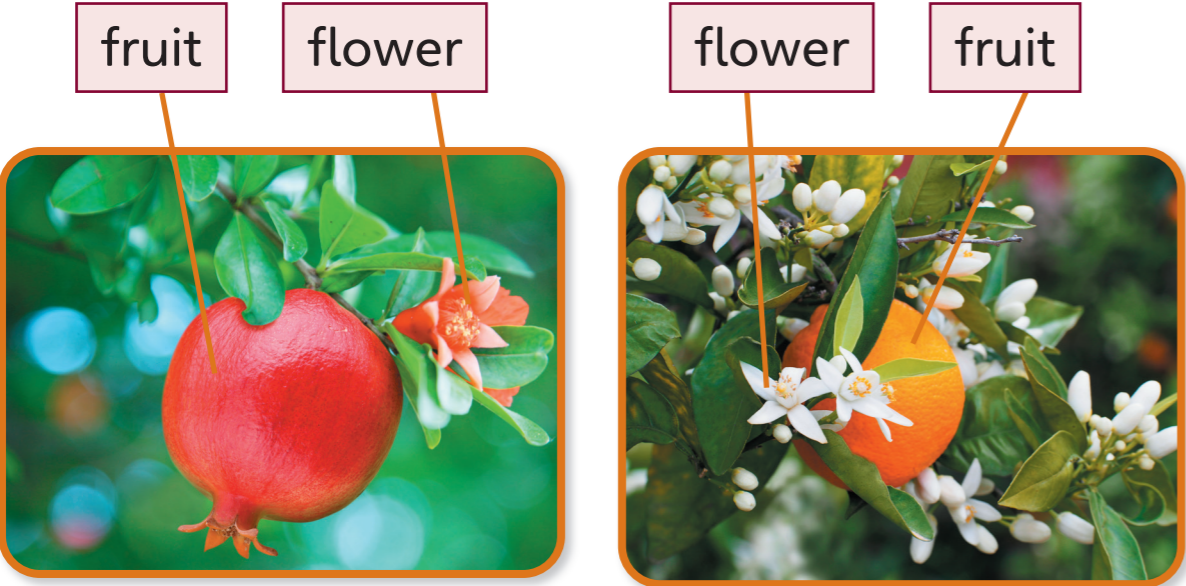
yoghurt

coconuts

almonds

Fruits and vegetables

Humans eat many different fruits and **vegetables**.
Fruits are parts of a plant that grow when the flowers die.



Fruits give us **vitamins** and **minerals**.
Vitamins from fruits give us healthy skin.
They help our body to stay healthy.



Can you see fruits that you eat?

Vegetables are other parts of plants.
Many vegetables are green.
Vegetables also help our bodies stay healthy.



Can you see any leaves here?

Fruits and vegetables can be many different **colours**. These are **purple**.



What other colour groups can you see here?



It is good to eat lots of different coloured fruits and vegetables.

They give us different vitamins and minerals.



Key words

vegetables

vitamins

minerals

colours

purple

Types of exercise

Exercise means moving to stay healthy. Most of us **walk** around our school or home, but sometimes we need to do a bit more **activity** too.



Playing **sport** is exercise.



Running can be for **fun** or **competitive**.



What does 'competitive' mean?

It is when you try to win.



Exercise could be:

throwing



stretching



dancing



cycling



What activities do you like doing?
Are you competitive or do you exercise for fun?

Exercise keeps us fit.
This helps us to stay healthy.

Key words

- walk
- activity
- sport
- fun
- competitive

What happens when we exercise?

When we exercise we need to move more air **in and out** of our bodies.



Our **chest** moves up and down as we breathe in and out.

Seven children **count** how many times they breathe in and out in one minute. These are their **results**.

Ria 22

Jo 24

Mason 26

Rakesh 27

Grace 23

Adem 24

Dabor 25



Those numbers are **breaths per minute**. That is the **unit** their breaths were counted in.

To be **scientific** you should **draw a table** for the results.



There are two **columns**. These are the column **headings**.



Write the unit up here.

Name	Number of breaths per minute
Ria	22
Jo	24
Mason	26
Rakesh	27
Grace	23
Adem	24
Dabor	25

Draw a table means make the table columns and the headings.

Who took most breaths per minute?
Which children took the same number of breaths per minute?
Count how many breaths you take per minute.

Key words

- in and out
- chest
- count
- results
- breaths per minute
- unit
- scientific
- draw a table
- columns
- headings

What is parental care?

Humans start life with two **parents**.
When a human baby is born it cannot look after itself.



The baby's parents care for it by doing things to keep the baby alive and healthy.



So **parental care** means looking after a baby?

feeding



bathing



Yes, but the baby still needs some parental care for many years.

What other parental care does this baby need?



As they grow older, children do more things for themselves.

The children in the pictures need less parental care than the baby.
Can you think of things they still need help to do?

feed themselves



brush their own teeth



put their **shoes** on



Parents **show** their children how to do things.

What else do parents show children how to do?



Key words

parents

parental care

bathing

shoes

brush

show

Parental care in animals

Some animals give their babies parental care, but not for as long as humans.



baby in pouch

Kangaroos carry their babies in a **pouch**.
The baby is safe and it can drink milk inside the pouch.



Adult birds build a nest to keep their babies **danger**.



Adult birds bring food to the babies until they can fly.
What are the dangers for a baby bird?

Most fish and amphibians do not give their babies any care.
They lay lots of eggs so that some survive.



eggs

This toad is an amphibian.
Can you see the eggs stuck on her back?



egg

This jawfish keeps his eggs safe inside his mouth until they hatch.



Baby reptiles need very little parental care.
This adult crocodile carries its baby to find water.

Key words

pouch danger

Keeping clean

Keeping our body **clean** helps to keep us healthy. Sometimes we can see when it is time to **wash**.

We wash after playing sport.

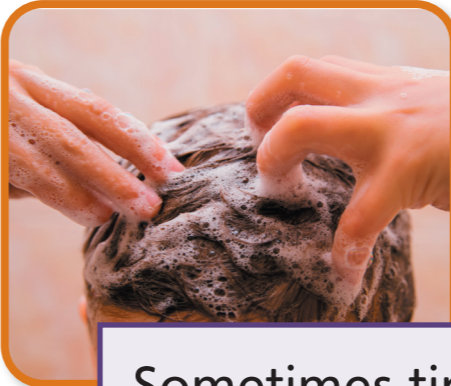


Having a bath or shower washes off sweat.

Warm water, soap and a clean towel all help to remove **dirt** and sweat. Then we can put on clean clothes.



Hair needs washing too.



Sometimes tiny **insects** called **head lice** lay their eggs in human hair. When they hatch, the head becomes **itchy**. A comb and a special spray can remove them.

A **dentist** can help to keep our **teeth** healthy. We need to brush our teeth regularly too.



Key words

clean wash dirt insects
head lice itchy
dentist teeth



When do you brush your teeth?

Safe food to eat

Some **harmful** things cannot be seen. Food can be **unsafe** to eat if we do not keep it clean.

Before eating or holding food everyone should wash their hands with soap.



People who **prepare** food should wash their hands too.

Fruit and vegetables are washed in cold water to remove soil or other dirt.



Everyone can help to keep the kitchen clean.



Food in **tins** and **packets** often shows a **best before** date. After that date, the food is not so good to eat.



Fresh food spoils quickest. We need to use it as soon as we can.



fresh bread



old bread



Flies pass on **diseases**.



We **cover** food to stop flies landing on it.

Key words

harmful unsafe prepare tins packets
best before flies diseases cover

Feeling unwell

Sometimes we feel **unwell**.

It is important to tell an adult if you feel unwell. We usually feel better quickly. Our bodies can make us better without any help.

Sometimes when we are unwell we become very hot.

Some **medicines** stop us getting too hot when we are unwell.

An adult may use a **thermometer** to find out more.



If we do not start to feel better soon, we may need to see a **doctor**. The doctor can use **equipment** to listen to our breathing.

The doctor may look inside our mouth.

The doctor can **prescribe** many different medicines. She chooses the right one for each **patient**.



patient

doctor

Key words

- unwell
- medicine
- thermometer
- doctor
- equipment
- prescribe
- patient

Medicines

Humans take medicine when they are ill. Some medicines are **liquids**, others are **pills**.



People may take medicines for a few weeks until they are better ...



... or forever, to stay well.

This box helps the patient to take the right number of pills.



Why does the box have letters on the top?

Staying safe with medicines

When a doctor prescribes medicine it is just for one patient. If someone else takes it, they could become very ill or die.



What is wrong in this picture? Predict what could happen.



Adults must store medicines where children cannot reach them and lock the cupboard or box.

Keep lids on **bottles**.

Some medicines have special **lids** that are hard for children to open.



Key words

- liquids
- pills
- bottle
- lid

End of topic questions

Health and growth

Discuss these questions with a partner.

- 1 a) What is wrong in this kitchen?
Find all the things you can.



- b) What would you do to make this kitchen a better place to prepare food?

- c) This is outside the kitchen.
Suggest how to make this place better.



- 2 What food types do these shops sell?



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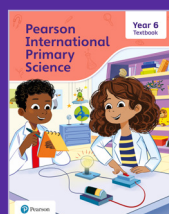
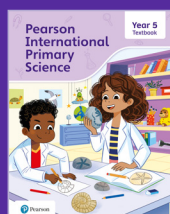
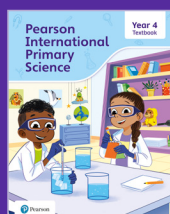
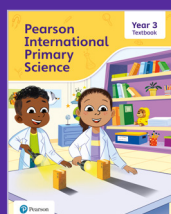
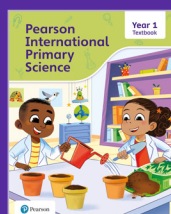
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