



# Year 2 - Food Chains and Health

# Biology

Key vocabulary	
food chain	shows how plants and animals depend on each other for food
producer	something that makes its own food, like plants that use sunlight to grow
consumer	living things that feed on plants or other animals for energy
predator	an animal that hunts and kills other animals for food
prey	an animal that is hunted and eaten by another animal
health	feeling good inside and out. It's about being physically strong, having a happy mind, and being able to connect with others
diet	everything they eat and drink regularly

Healthy Eating		
Food Group	Examples	
Fruits and vegetables	Bananas, strawberries, cucumber, carrots, peas, onion	
Carbohydrates	Potatoes, bread, rice, pasta	
Protein	Beans, lentils, fish, meat, eggs	
Dairy	Milk, cheese, yoghurt, cream, butter	
Oils and spreads	Vegetable oil, vegetable spread	

## Food Chain Examples

