

Science

Grade 2

Unit: Nutrition/Safety

Word	What It Is
My Plate	a guide to remind you to eat a variety of foods and stay active
nutrient	something that people need to stay healthy
serving	how much of a food to eat at one time
fat	an oily substance found in your body
germs	a tiny organism that causes a disease
heredity	genetic factors that are passed from one generation to the next
drugs	a chemical that is not food and affects your body

Group:	How it helps us:	Examples:
Grain Group	Gives you energy	Bread, cereal, popcorn, rice, crackers, pasta
Vegetable Group	Helps you grow, stay healthy and see	Corn, broccoli, celery, carrots, potatoes, peas, squash
Fruit Group	Helps your body heal cuts and bruises	Apples, bananas, grapes, strawberries, oranges, real fruit juice
Dairy Group	Helps your body build strong bones and teeth	Milk, cheese, yogurt, pudding, cottage cheese
Meat or Protein Group	Helps your body build strong muscles	Beef, chicken, fish, eggs, nuts, peanut butter, dried beans

Essential Question	Answer
What are ways to keep ourselves healthy?	Make safe choices, eat a balanced diet, and stay active
What are food groups and how do they help our body?	See chart above
Why do we need a variety of foods?	Each food group helps us in a different way. Eating a variety of foods helps us get all the nutrients we need.
How do drugs help and sometimes hurt people?	Drugs can be used as a medicine to help people when they are sick. Some drugs can hurt people if they are illegal or used inappropriately.
How can you stay safe and prevent injury?	Follow safety rules and know who to call or where to go in an emergency.