

Year 2: Let's Learn About... Muck, Mess and Mixtures Autumn 1



Mixtures

Mixtures are made by mixing different solids and liquids.

Solids can be mixed with **solids**. For example, museli is a mixture of oats, seeds and dried fruit.



Liquids can be mixed with **liquids**. For example, cordial can be mixed with water to make squash.



Sometimes **liquids don't mix** with other **liquids**. For example, oil does not mix with water. The oil floats on top.



Solids can be mixed with **liquids**. For example, clay can be mixed with water to make a runny clay called slip.



Some **solids dissolve** when mixed with **liquids**. When a solid dissolves, it looks like it has disappeared but it is still there. For example, sugar dissolves in water.



Key Scientific Vocabulary

Solid



A solid stays in one place and can be held. Some solids can be squashed, bent, twisted and stretched.



Wood, plastic, glass, rubber and metal are solids.

Liquid



A liquid moves around easily and is difficult to hold in your hands.



Liquids take the shape of the container in which they are held. Water, juice, milk are examples of liquids.

Safety Symbols

Symbols are used on packaging to warn people that the solids or liquids inside are dangerous.



This symbol is a warning that the substance is flammable. This means that it could easily catch on fire.



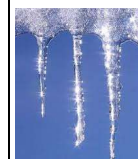
This symbol is a warning that the substance is corrosive. This means that if touched, it could burn and damage skin.

Melting



Some materials melt when heated. Melting changes a solid into a liquid. Chocolate melts when it is heated.

Freezing



Some materials freeze when they are cooled. Freezing changes a liquid into a solid. Water freezes at zero degrees Celsius.

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Food Groups

The food we eat comes from animals, such as meat, honey, milk, fish and eggs, and plants, such as grains, fruit, beans and vegetables.

It is important to eat a healthy, balanced diet so that our bodies work properly.

Don't forget!

When preparing, cooking or eating food, it's important to wash your hands and store food properly. This is important to make sure the food you eat is safe and free from germs. Being **hygienic** is very important when handling food.



Here are the different food groups and how many we should eat each day.



Fruit and vegetables contain vitamins and minerals, which help us to stay healthy.



Proteins helps our bodies to grow and repair. They are found in meat, fish, eggs, beans and nuts.



Carbohydrates give us energy. They are found in wholegrain cereals and breads, potatoes, pasta and rice.



Fats and oils give us energy and help to keep us warm. They are found in butter, oils and spreads.



Dairy and alternatives are a good source of energy. They are found in milk, yoghurt and cheese.



Foods high in sugar and salt should be eaten less often as they are not needed as part of a healthy diet. They are found in fizzy drinks and chocolate.

Key Vocabulary

recipe	A set of instructions for preparing and cooking food using a variety of ingredients.
ingredient	A substance that is part of a mixture. Different food ingredients are combined to make particular dishes.
hygienic	Clean, especially to keep in good health and prevent disease.
measure	To find out the size or amount of something.
diet	The food and drink that a person or animal drinks regularly.
prediction	A statement about what a person believes will happen.