

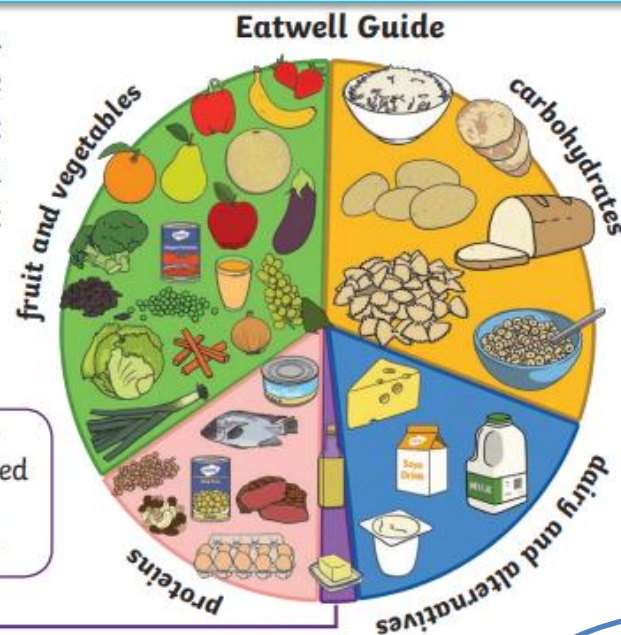
Animals including humans

Key Vocabulary

Hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
Bacteria	They are smaller than the eye can see. They live on anything that isn't clean and they can make you unwell.
Germ	A really small bug that causes harm to animals or humans.
Nutrition	Good food needed to live
Balanced diet	Means you eat a wide range of foods which make you healthy
Offspring	Babies born from an animal are known as offspring
Oxygen	It is in the air we breathe and we need it to live

In science we will be learning all about animals including humans. Humans need oxygen, food, water and shelter to survive. Humans and animals also need a balanced diet to be healthy this includes a range of food and not much sugar and salty foods. Animals have young which grow into adults the same as humans called the life cycle.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

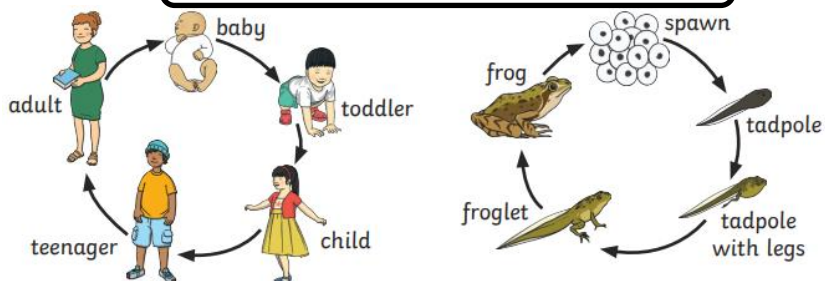
6-8 a day

Eat less often and in small amounts.

What foods do you eat? Are they healthy or unhealthy?

What do humans need to live?

The lifecycle



To stay alive, all animals have 3 basic needs:

