

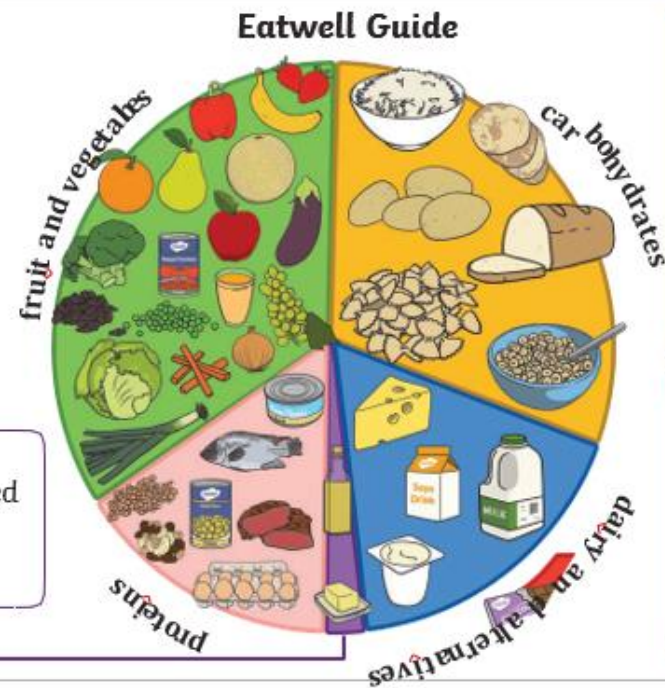
Key Vocabulary

dehydrate	To lose water (dry out).
diet	The food and water that an animal <u>needs</u> .
disease	Illness or sickness.
energy	The power needed to carry out a task.
exercise	A physical activity to keep your body fit.
germs	Bugs that cause disease and illness.
heart rate	The number of times a heart <u>beats</u> in one minute.
hygiene	How clean something is (to stay healthy and stop disease and illness spreading).
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

To stay alive, all animals have 3 basic needs:



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



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

6-8 a day








Eat less often and in small amounts.

To stop illness and infections spreading, we must be hygienic and keep ourselves clean.



Key Vocabulary	
healthy	in a good physical and mental condition
nutrients	substances that animals need to stay alive and healthy
energy	strength to be able to move and grow
saturated fats	types of fats, considered to be less healthy, that should only be eaten in small amounts
unsaturated fats	fats that give you energy, vitamins and minerals

- Living things need food to grow and to be strong and **healthy**.
- Plants can make their own food, but animals cannot.
- To stay **healthy**, humans need to exercise, eat a **healthy** diet and be hygienic.
- Animals, including humans, need food, water and air to stay alive.

Nutrient	Found in... (examples)	What it does/they do
carbohydrates		provide energy
protein		helps growth and repair
fibre		helps you to digest the food that you have eaten
fats		provide energy
vitamins		keep you healthy
minerals		keep you healthy
water		moves nutrients around your body and helps to get rid of waste