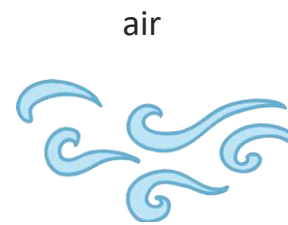


### Key Vocabulary

<b>diet</b>	The food and water that an animal needs.
<b>disease</b>	Illness or sickness.
<b>exercise</b>	A physical activity to keep your body fit.
<b>germs</b>	Tiny living things that can cause disease.
<b>hygiene</b>	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
<b>nutrition</b>	Food needed to live.
<b>pulse</b>	The beating of the heart that can be felt in your neck and wrist.

To look at all the planning resources linked to the Animals Including Humans unit, [click here](#).

To stay alive, all animals have three basic needs for survival:



air

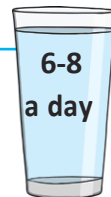


water



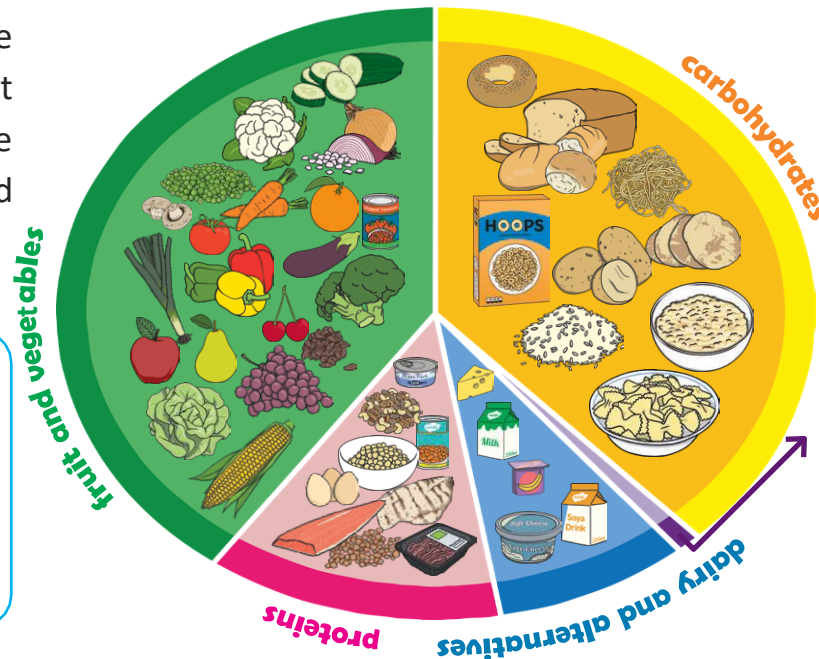
food

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



Water, lower fat milk and sugar-free drinks.

### Eatwell Guide



Eat less often and in small amounts.



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



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.

