

Key Vocabulary	
diet	The food and water that an animal needs.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.

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

air



water

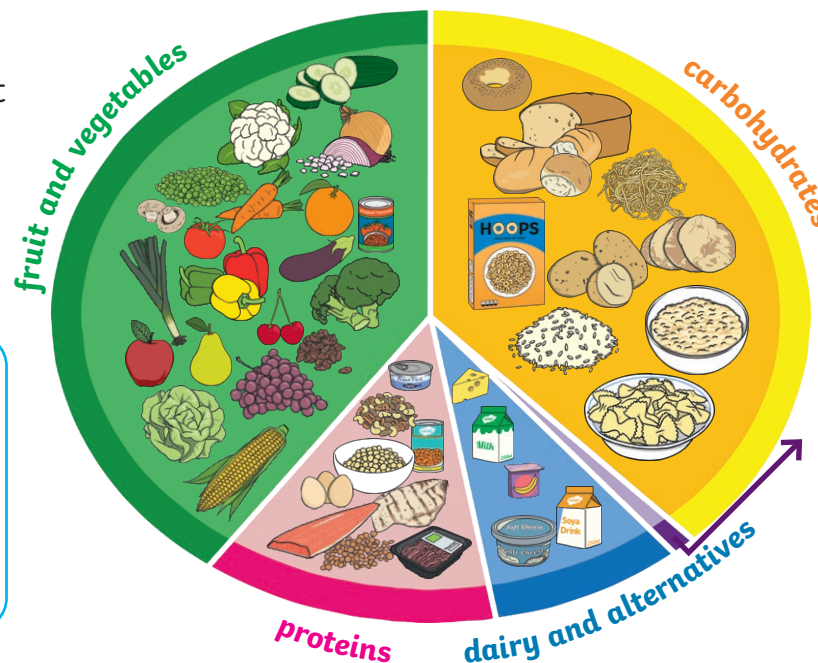


food



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

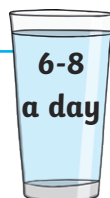
Eatwell Guide



Eat less often and in small amounts.



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



Water, lower fat milk and sugar-free drinks.

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



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



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