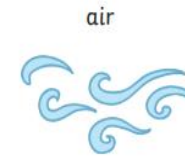


# Animals including humans

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.

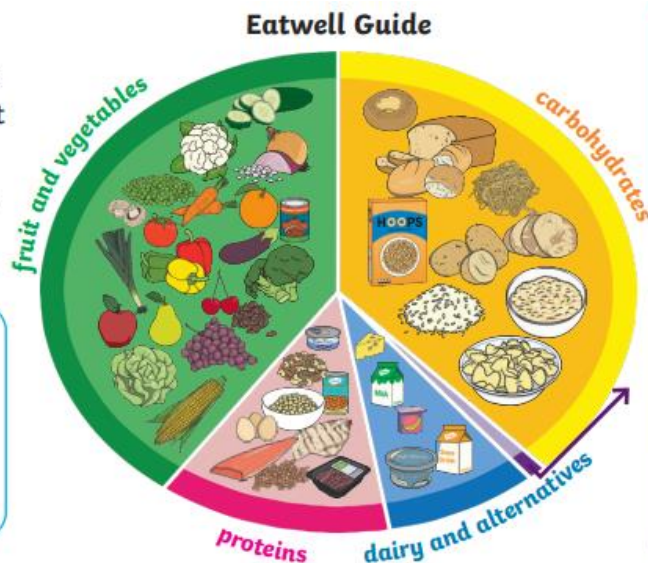
To stay alive, all animals have three basic needs for survival:



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.



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**.

