

How will 5 a day keep me healthy?



- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Key Vocabulary

adult	A fully grown animal or plant
balanced diet	A variety of food and water an animal needs to live
exercise	A physical activity to keep your body fit
hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
life cycle	The series of changes that an animal or plant goes through from the beginning of its life until its death
nutrition	Food needed to live
off spring	The child of an animal
reproduce	When living things make a new living thing of the same kind

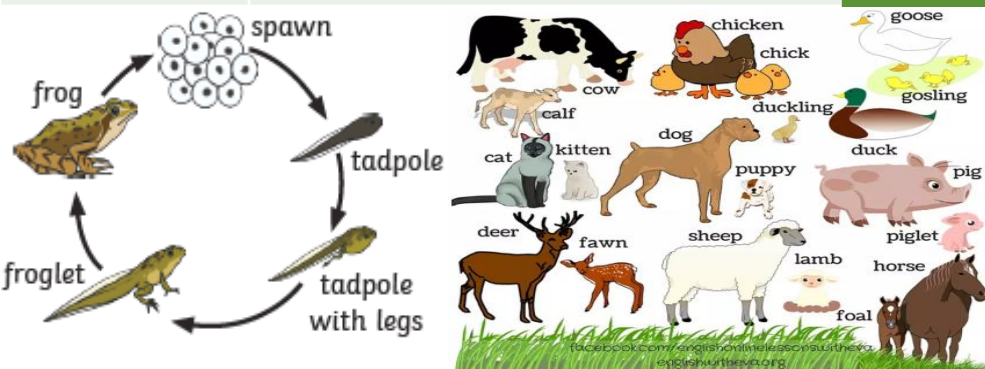
- A life cycle is the series of changes that an animal or plant passes through from the beginning of its life until its death.
 - Animals, including humans, have offspring which grow into adults.
 - All animals need water, air and food to survive.
- To keep healthy, humans need:**
- to eat a balanced diet and healthy food
 - some exercise to keep their muscles and bones healthy
 - to take medicines that are given by doctors and nurses when feeling poorly
 - to keep good hygiene by washing regularly, having clean clothes, brushing teeth and hair.



Explore the interactive Eatwell Guide



Washing your hands and keeping our bodies clean will stop the spread of germs which could make you ill.



We should aim to drink 6-8 glasses of water everyday

